



A THOUSAND AND ONE

# GEMS OF HYGIENE

## Part I

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“Why are not more gems from our great authors, scattered over the country ? Great books are not in every body's reach and though it is better to know them thoroughly, than to know them only here and there yet it is a good work to give a little to those who have neither time nor means to get more Bolereige

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## **Tobacco kills more human beings than those killed in the greatest and deadliest of all wars**

The insidious treacherous mildness of the cigarette, the vast extent of its use, and the slow degrees by which it attacks, undermines and destroys the minds and bodies of its victims, renders its fumes in time, the most deadly from which our youths are to suffer. The numbers four men killed or injured by all the poisonous gases in the present world war, will be far fewer than those who will be killed and injured by the poisonous gases of cigarette smoke which our hyper-Sentimentality is inflicting upon them, while the after effects will be even worse.

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## INTRODUCTION

The gems of hygiene comprise, the fundamental truths, both hygiene and curative which if acted upon ensure not only the preservation and prolongation of life, to its utmost span of natural existence but also its restoration to normal functions when diseased by infallible natural methods of cure. They embody in a small compass the very cream of the life long experience of the distinguished founders and pioneers of the multifarious curative systems, who have earned the gratitude of the legions of sufferers, from tormenting and lingering diseases too grievous to be borne, by restoring them to health even in those so-called incurable cases which baffled all attempts at cure by even imminent physicians of the world wide allopathic repute.

It has endeavoured to be The readers adviser and guide to the high way of health pointing



out the main road of obedience to nature's law as the shortest and best route. The patience and regularity of his travels along this highway to health will determine his reward of physical mental and spiritual health. It has attempted to help him in understanding and interpreting the constructive factors and influences in building buoyant health, so that he may follow them. It has also warned him against the destructive factors and health destroying forces and influences that they may be avoided. To the sick and ailing who have run the gauntlet of every field of therapy in the vain pursuit after recovery of health these gems will offer hope and encouragement. They will show that each human being is the author of his own health or illness--and that disease is the result of disobedience of the immutable laws of health that govern life.

All those therefore, who hold it their imperative duty to lead a life in tune with nature and thus keep their precious bodies' unique machinery in perfect working order and thus--not only combat successfully with the modern competitive life obviously involving a violent drain upon the reserves of their vitality by maintaining vigorous health and strength but also to secure a speedy evolution of those in-

herent and divine qualities in them which lead to the unfoldment of their spiritual potentialities resulting in the final emancipation of their souls, a consummation devoutly to be desired by all human beings desirous of utilizing their existence to best advantage, will do well to instil into their minds and scrupulously and studiously mould their lives in conformity with the inestimable instructions, imparted in this volume.

If a single reader is awakened to the sense of his own responsibility of preserving to its natural span of existence which is at least 100 years, and which has in exceptional cases, as authentic records substantiate, extended to 280 years, his most valuable earthly possession, his physical body an unique organism which is so marvellous and matchless that, ceaseless perseverance of the most subtle human ingenuity for even centuries has yet failed to fathom its profound mysteries, and which has justly been styled "the temple of God," because of its inherent potentialities of developing his divinity and achieving ends at which the world wonders in sound health and perfect vigour and thus be enabled to battle valiantly with the modern nerve exhausting competitive life—and thus maintain although a really successful career,

the painstaking mental strain to which he has subjected himself, with a view to placing before the intelligent reader, the very cream of hygienic eloquence from the master minds of international repute, will be deemed to have served its intended purpose

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**Jatashanker Nandi**

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## GEMS OF HYGIENE

### **(1) Unnatural life shortens existence**

In Proportion to the violations of the natural laws that govern our living, we rob ourselves of some days, weeks months or years as the case may be, of our earthly existence. In other words a man is well, ill or long lived in direct ratio to his compliance with the life natural.

### **(2) Man tramples upon the dictates of instinct**

Man goes astray from nature not because he is deficient in instinct but because he stifles the promptings of his better nature for the purpose of gratifying his perverted propensities and passions.

### **(3) Perversion most severely punished by nature.**

Nature has guarded all the inexorable laws which she has made for the government of functions of the human body by means of the severe penalties, which are certain to be visited upon the reckless individual who lives in head-

less disregard of the laws of health and no form of physical transgression is followed by penalties and unmitigated evils as those which are consequent upon a perverse coition for pleasure and not for procreation, the only legitimate object ordained by immutable laws of nature.

#### **(4) Uncontrolled sex impulse causes untold sufferings.**

The sex-instinct plays a most prominent part in man's life. It is the most powerful of human instincts. It is the most persuasive human function and its control means the development and the fullest expansion of life, uncontrolled it causes the giving out of vital forces and the loss of intellectual and moral stamina which is the growing glory of life. If the misery that is caused directly and indirectly by uncontrolled sex impulse was known the world could be astounded and horrified.

#### **(5) How to secure the skin's vigour.**

To stimulate and restore the eliminative function of the skin nothing is so valuable as a cold sponge bath twice a day followed by a brisk rubbing with the palm of the hand and a nude sun bath every day.



## **(6) Human beings must live in open air**

Man with the perversity which characterizes the human race, immures himself behind wooden or stone walls and excludes or grudgingly admits even that air and sun light which are so essential for his well-being.

## **(7) Evils of taking wrong food.**

We invite momentous evils by putting in our mouth the wrong kind of food and drink.

## **(8) What is natural food.**

The natural food of all animals is that kind of food which appeals to their individual instinctive unperverted sense of alimentation and to which their taste buds and digestive organs are adopted.

## **(9) Health and long life in nut shell**

Natural food, fresh water and live air in addition to plenty of sunshine, exercise and rest is the only valuable, "Materia Pannacea."

## **(10) Tea is a poisonous beverage**

The wide-spread use of tea and coffee so popular beverages in these degenerated days is undoubtedly responsible for much of the nervousness and considerable share of the dyspepsia so common among civilized people. The active principle of both tea and coffee is a narcotic

poison a few grains of which will produce almost instant death when given to a cat or a dog. Indeed so small a quantity as 12 grains of this poison has been known to produce very dangerous symptoms in a strong man and cases are on record in which persons have been made insensible by the drinking of strong tea. There is enough poison in a single ounce of tea to produce dangerous symptoms.

### **(11) Benefits of mastication.**

Proper mastication lessens the amount of requisite nutrition. Half of the quantity of food properly masticated would furnish the body more nourishment and better satisfy hunger than a double quantity hastily swallowed.

### **(12) How to remain healthy for ever.**

A naturopath can guarantee no permanent health after he has assisted nature to effect a cure unless the patient will persist to feed on natural food and obey other hygienic laws.

### **(13) The food becomes unhealthy in proportion to its artificiality.**

Every attempt to improve on natural food by artificial means result in an absolute failure. The greater the interference by cooking, spicing or the like the more deleterious becomes the food as an invariable consequence.

**(14) Unnatural diet invariably produces diseases.**

Man headlessly caters to his perverted appetite but sooner or later nature imposes its penalties with exemplary precision which eventually costs him his lease to his physical tenement.

**(15) Why it is essential to breathe the purest air every moment of our existence.**

Man's use of air.

A man breathes 16 to 18 times every moment. And he breathes 26000 times a day without knowledge and without effort in normal circumstances. With each respiration are concerned more than a hundred muscles of the body. Each inhalation requires about 20-25 to 30 cubic inches of air that is 32 to 37 pounds of air per day. About seven times the weight of food and water consumed per day.

The air inhaled passes over 15 square feet of lung-surface mainly used in the purification of blood.

About 160 cubic inches of air constantly remain in the lungs and 25 to 33 cubic inches are breathed out. How essential it is to have it as pure as possible.

—HEALTH

**(16) The surest way to preserve the teeth is to purify the blood by taking fresh fruits.**

The surest way to preserve the teeth is to purify the blood for it makes our teeth as it makes the rest of our bodies. Pyorrhoea would be impossible for medical and dental exploitation and brushing, powdering and pasting would cease to be a trade fostered craze if apples, oranges and grapes were applied to the cleansing of the system generally. We don't suppose that the most observant explorer ever saw lions and tigers rubbing the enamel of their teeth.

#### NATURES WAY

**(17) Sleep ensures needed rest to every organ of the body.**

Every organ of the Body should have perfect rest. That is the main object of sleep. The brain, the heart and the lungs have been not inappropriately called the "Tripod of life" As upon them hangs the prosperity of the whole frame. Hence we slightly raise the head to check the flow of blood to the brain and more or less quickly find out the position of greatest ease for lungs and heart.

**(18) Where a doctor becomes a necessity.**

Where the sun does not enter the doctor must.

**(19) Qualities of a normal skin**

A healthy skin is warm, slightly smooth reddens, quickly when rubbed or exposed to action of cold or hot water, is supple and elastic perspires readily under exercise or the application of heat and is free from pimples, eruptions and discolorations.

**(19) Daily bathing and grooming the skin is a powerful means of maintaining the health.**

To maintain this condition, the skin must be subjected to daily bathing and grooming. Horsemen rub and groom their charges daily. Wild and domestic animals left free in the fields habitually groom themselves by vigorous rubbing against trees or other objects. Hunters are familiar with this fact and often select themselves near a "rubbing tree", as a means of getting an easy shot on their game. Man, of all animals, neglects to groom himself, and this is specially true of civilized man, for as is well known, the savage and half civilized nations, from time immemorial have practised rubbing the body as a means of maintaining health.

DR. J. H. KELLOGG. M. D.

**(20) A return to natural life is the first step to recovery.**

There is healing power in obedience just as there is destruction in disobedience. When the evil-doer ceases to sin, and enters upon a life of obedience to the natural laws the curative forces within his body rebuild and thus renew his tissues, healing them and obliterating the consequences of transgression.

DR. J. H. KELLOG, M. D.

**(21) Anger produces heart diseases and nervous prostration.**

Anger is a poisonous irritant of the heart and upsets nerves. An examination of the Japanese vital statistics will show that heart disease and nervous prostration are almost unknown as causes of death in Japan.

-HEALTH

**(22) A valuable remedy for weak digestion and lung trouble.**

The skin is an admirable medium of nutrition, its power of absorption being extraordinary. For those of weak digestion overstrung nerves or illness due to any other cause, **genuine olive oil mixed with fruit juice** may be rubbed into the skin once or twice daily over the stomach;

chest, throat and all along the spine. It is an invaluable aid in cases of lung trouble and in the rearing of delicate children.

NATURE'S WAYS

### **(23) Sickness Spoils Mentality**

Every sick man is a kind of rascal.

DR. JOHNSON L. L. D.

### **(24) Relief for Neuralgia.**

Neuralgia is very often relieved by applying a cloth saturated with essence of peppermint to the seat of pain.

HEALTH

### **(25) Pineapple is both a food and medicine to singers and speakers.**

Pineapple juice has a remarkable effect upon the vocal organs. Singers and public speakers should act upon the hint. In cases of Diphtheria, the juice has the power to loose the membrane, which forms within the throat. Moreover Pineapple has considerable food value.

NATURE'S WAY

### **(26) Healthy homes for city dwellers.**

To those who dwell in large cities and if economy must be exercised in rents, I would say emphatically chose finer rooms and a

dwelling farther away, if necessary to obtain rooms where light, air, and sunshine are to be had. This is of utmost importance.

—HEALTH CULTURE

**(27) A simple cure for insomnia or sleeplessness.**

A very simple method of inducing sleep in cases of persistent insomnia and one that has succeeded where many drugs have failed, is simply administer a very moderate amount of liquid food before the patient goes to bed. This diverts the blood from the brain to the abdominal organs and takes away mental excitement that precludes sleep.

—HEALTH

**(28) Agreeable food in moderation is a sheet anchor against physical ailments.**

Try and stand on a good solid dietetic foundation. Eat those articles of food that seem to agree with you and which you know to be wholesome. Don't pay the slightest attention to the elaborate theories of so called dietetic experts. Eat good wholesome food. Try and avoid overeating. Eat what you can digest,



satisfactorily. Don't stuff. If you find you are not hungry at one meal time wait until the next meal. Fast occasionally for two or three meals or for that matter, for three or four days as you will gain greatly by this abstinence. The writer makes a practice of fasting a few days at frequent intervals and he enjoys far better health because of this practice.

—BERNAR MACFADDEN

## **(29) Stretching exercise sufficient for a moderate dietician**

Stretch for exercise, observe the animals, they use neither clubs nor dumbbells. They just stretch. If the dietary be pure and taken in moderation, the body will not require contortions to ensure functional regularity and general suppleness. Stretching can be indulged anywhere.

NATURE'S WAY

## **(30) Fruits contain all the curative medicines.**

Nature has munificently provided all the curative medicines really necessary to overcome all the ills that flesh is heir to in luscious fruits and nuts of various kinds.

NATURE'S WAY

### **(31) Instances dispelling the illusion of slow cures by natural methods. Sun air and water have instantaneous effects upon patients.**

The marvellous power of natural Therapeutics negates the allegations that natural treatment though effective is very slow in action. The following observations by Dr. V. H. Lindlahr M. D. are calculated to dispel the illusion of slow natural cures.

#### **(a) Action of sun bath on human body.**

(1) A sun bath will increase the hemoglobin (iron) of the blood by two percent without the ingestion of iron or food. No drug do this.

(2) A sun bath produces in the system the most powerful antiseptic known to medical science. Why swallow injurious stuff from a bottle.

(3) A sun bath replenishes vitamin D immediately from substances constantly present under your skin. Why pay the druggist for some? Physicians fail to cure the lime deficiency diseases because they put lime into the body with pills. Like trying to get iron by eating nails. Doctors either do not know or they forget the necessity for sunshine.

#### **(b) Action of air on the system.**

(1) Air playing over the nude body may increase the metabolism 50 percent in ten

minutes. Thyroid extract the only metabolic stimulant known to medical science takes a year to do the same thing.

(2) An air bath for 20 minutes reduces the hydrogen content of the blood to normal. No drug or method known can do the same.

### **(C) Action of water on the frame**

(1) Cold water reduces the temperature in onetenth the time of fever remedies.

(5) Hot water reduces the heart rate quicker than any known drug.

### **(32) Open air life as an infallible cure for consumptives.**

Without food and free exposure to outdoor air, regardless of all weathers no case of tuberculosis ever has been cured while with it and it alone, many cases have been and are cured. An open air life not only preserves and strengthens the resistance of body to the inroads of the bacillus but it destroys the tubercle itself. No remedy known to man has such a powerful and permanent influence in maintaining or regaining health as a judicious employment of cheerful exercise in the open air.

—CHAS H. STANLEY DAVIS  
P. H. D. M. D.

**(33) Cleansing the blood by simplicity of diet cures a host a diseases.**

A furred tongue, spots floating before eyes. pimples, dots, feverishness, vomiting, wandering pains, languor, such symptoms generally indicate nature's effort to eliminate the body's waste material. From these things one should take courage, in as much as the system is assisting the process of excretion. The cleansing of the frame is performed largely through the skin and the tongue is conspicuous outlet for the removal of impurities. Should it be heavily coated take on alarm but persevere in cleansing the blood by simplicity of feeding and in due time, the reward will come in a condition of general sweetness for with the limitation of the waste the body will assuredly be freed from the offensive odours of ill health.

NATURE'S WAY

**(34) Constipation is the cause of all diseases.**

Hence its removal a *sine qua non* to recovery.

Let it be borne in mind that our diseases are the result of an overfulness a clogging up of the human machine by the failure for a long time to carry out of the body the waste and wear and other useless matters of the system.

They interfere with its vigorous and healthful working, and disease is the result. The first and absolutely essential step in the cure of all the human maladies is the removal of causes as the cause in question is a surplus of various matters in the body. This surplus must be conveyed out of it, which being done the body returns to its healthful condition by itself by virtue of the power within it implanted by Nature and made a component part of ourselves—the power which the educated physicians looses from its expressiveness to dominate the VIS MEDICATRIX NATURE the power of Nature to cure herself. Only take the burden from her and she rises to her feet on the instant almost.

DR. W. W. Hall M. D.

**(35) Cheerfulness a strong defence against ill health, strong emotions pray upon health and longevity**

Keep a close guard over your emotions, fear and grief and anger will change the character of the blood as in illustration, diarrhoea or vomiting commonly follows a fright or how can a shock kill if it has no effect upon the blood? Let cheerfulness reign, it is a strong defence against ill health. The jaundiced eyes that see the

black side of every thing make it black nor did any good come from a nagging tongue. A morbid disposition presses the spirit below par—Recovery is the inspiration for which to strive, therefore let cheerfulness reign make others cheerful—it is a catching fire, and try to forget disease in considering health. Nor in all life's trouble let a sense of humour live. It is a magical response to our test of finding whether a man is a sentient being or merely a living stick. Remember that optimism dwells at sunny side and pessimism at cypress lodge.

—NATUROPATHY

**(36) Digestion which is the secret of health must be assisted by pure and simple dietary.**

Those who are thin are prone to take fatty food in excess. It is a gross mistake. Fat does not remain in the system as fat, any more than a mutton chop remains a chop. The grape sugar foods contain sufficient fat for the frame, much animal fat or oil will tax the liver. Thinness is a sign of health the mind and body are alert. Don't be alarmed at losing weight, or by feeling slightly worse instead of better, during the early process of restoration. It is a

common symptom of improving health. The poisons will have stirred up, and in moving they may cause pains to shift about the limbs, or spots may appear upon the skin. Deposits will also most likely pass with the urine for the knowledge of which be thankful rather than distressed in that/the system is being freed from a serious danger. If assisted by a pure and simple dietary nature will throw out what ever is not wanted by the body. Digestion and only digestion is the secret of attaining to that balance which is known as health. Therefore in your efforts to achieve this end resist the inclination to over eat rich foods or your case will be made worse than before.

NATURE'S WAY

**(37) No medicine of any sort can purify the blood.**

The idea that the blood may be purified by medicine of any sort is a very great error and one which is productive of a vast deal of mischief. There are no herbs or drugs of any sort the taking of which will purify the blood. The blood will not be purified by putting something into it but requires that something be removed from it. Water is the Universal cleansing agent and its use is essential to blood-purification. **To**

under take to purify the blood by means of pills is about as reasonable as to undertake to launder a dirty shirt or any other soiled garment by mud.

Dr. J. H. Kellogg m. d.

**(38) Anger and worry undo the beneficial effects of hygeinic existance.**

No matter how well you care for the body, how strictly you may observe sanitary and hygeinic rules, if you allow yourself to become angry, to worry and fret, to scold to indulge in jealousy or envy, or hate you will simply destroy the good effects of everything, anger will destroy your body, for the mind reacts upon the body and reflects itself through the physical organism.

Dr. S. J. Singh N. D.

M. A. B. Sc.

**(39) Loss of memory, indecision and mental confusion result from dietetic evils.**

Cleanness of thought and retentiveness of memory are qualities which belong to a healthy brain unclouded by diseases. The evil habits such as overeating especially flesh foods and indigestion resulting from any cause are particularly



likely to weaken the memory, and produce a state of mental confusion, lack of power to concentrate the mind in decision. Many persons suffering from these conditions imagine that the brain is becoming diseased whereas the whole fault is in stomach or rather is due to evils in diet which should be corrected.

DR. J. H. KELLOGG, M. D.

**(40) Nuts are the most precious substances.**

In these days of severe brain work, nuts must come most rapidly to the front as containing in the purest and most digestible form, the proteids which are so essential to the maintainance of the highest mental vigour.

**(41) The place where diseases are born**  
**Nearly all diseases have their beginning in the stomach or some other part of the alimentary canal.**

BERNAR MACFADDEN.

**(42) Walking is a tonic of very great value.**

It stimulates the activities of the purifying organs to an unusual degree. It is a remedy of very great efficiency in overcoming constipation. It can be highly recommended for strengthening

the heart, for stimulating the liver and kidneys. It will tone up the physical organism throughout. Furthermore it is of unusual value as a mental stimulant.

BERNAR MACFADDEN

#### **(43) Human body—Unique gift of gods**

There is no man-made machine so self contained as the god, made one—the human body. The self guards against functional disorders. The reserve forces and the secret agents fight out dangerous invaders, The elimination of the undesirable and useless factors, the quick perception and translation to the central directory of the slightest irregularities and the inimitable first aid set—ever present to cure ailments with the aid of nature are unrivalled features of the gifts of gods, this puzzling mechanism—the human body. It is the master it is the worker, it is the food store policeman physician and the medicine chest !

S. SUNDARAM

#### **(44) Bad health is the parent of unwholesome tastes.**

The craving for tobacco and morfine is caused by a morbid physical condition, as an abnormal state of health is the parent of all unwholesome appetites.

**(45) The train of evils from wearing tight shoes.**

The leather is almost impervious to the air and perspiration is retained and saturates the shoes. Tight shoes also prevents a proper circulation of blood. Thus the foot becomes permanantly injured and often perspiring also. As a result the blood congests in the head and as the gaseous effuvia find their exit barred below they rise with the blood, predisposing to the catarrsh of the air passages, consumption, affection of the eyes and ears, nervous headaches, apoplexy and other disorders not less fatal.

**(46) Skin being the most important depurating organ a daily bath is essential.**

The skin is one of the most depurating organs of the whole body. From each of its millions of pores, constantly flows a stream laden with poisonous products of disintegration. As the water evaporates it leaves behind it those non volatile poisons which are deposited as a thin film over the whole surface of the skin. As each day passes, the process continues and the film thickens. If the skin is moderately active, three or four days will suffice to form a

layer which may be compared to a thin coating of varnish or sizing. The accumulation continues to increase unless removed and soon undergoes decomposition. It putrifies, rots in fact and develops an odour characteristic and quite too familiar though anything but pleasant being at once foul, putrid, fetid, pungent, uncleanly and unpardonable. But the offence to nose is not the extent of the evil. The unclean accumulation chokes the mouths of the millions of little sewers which should be engaged in eliminating these poisons and thus obstructs their work. Being retained in contact with the skin, some poisons are absorbed in the system together with the results of advancing decay, thus repointing the system and necessitating their elimination a second time.

Here water serves a most useful end if properly employed. It is unexcelled as a detergent and by frequent application to the skin, keep it wholly free from the foul matters described.

#### **(47) Sunshine promotes digestion**

Very intimate relation exists between the sun and digestion. Digestion and assimilation become weak and imperfect, if the man or animal is not daily exposed to the rays of the sun.

DR. LEWIS

**(48) Royal road to raising one's vitality**

(1) Vitality can be restored by restful sleep.

(2) Exposing the bare skin to daylight preferably sun light and

(3) Exercising the muscular system.

**(49) Hygiene of the bed and the sleeping apartment should be carefully attended to.**

The length of time spent in bed is usually not less than one third of our whole lives making it important that all matters pertaining to the hygiene of the bed and the sleeping apartment should be attended to with very great care and thoroughness.

**(50) Best night clothing**

Clothing worn during the day should exclude every article worn during night and vice versa.

**(51) Change of clothing imperative.**

The clothing especially that worn next the skin, absorbs a large amount of the waste matter thrown off by the skin, and so becomes charged with impurities, on this account, clothing should be changed daily if possible. An excellent

plan is to have two suits of under clothing wearing each on alternate days, allowing the one not worn to be exposed to the air in the mean while.

## **(52) The fruits are nature's intended foods**

In the fruits nature has purposely concentrated and elaborated the most wholesome and most delicious elements for the nutrition of the animal Kingdom, in order that its seeds might be carried far from the parent tree or plant to insure perpetuation by distribution. Nature has provided every climate with the most necessary fruits that will restore, establish and sustain health and longevity. She has elaborated in the fruits the most harmless stimulants, perfect tonics and the best purgatives and laxatives and antiseptics. In the various fruits is food that will retain the mind in its quest after knowledge. If you are wise it is wise to break-fast on fruits. The sugar of food requires almost no digestion. Fruits are nature's predigested foods.

## **(53) Hot food and drink debilitate the stomach.**

Irrational temperature of food and drink we take, is one of the causes of weakened digestion. We have both an internal and external skin.

The internal skin is really a continuation of the external. Both are affected in the same way by temperature. Hot bath debilitates the external skin driving the blood away and leaving it anæmic, so does warm food and drink produce a similar effect internally and deprive the intestines and digestive juices of their normal supply of food resulting in a poor digestion. Animals have no hot water to drink or to bathe in and no iced drinks in summer to alternate with boiling soups as is the case with every hotel table.

#### **(54) Eat one kind of food at a time**

The wise will restrict the number of dishes and the wisest will take but one kind at a time. This rule must be most scrupulously observed by persons in a low state of health.

#### **(55) Pranayam benefits the brain workers.**

Pranayam sweetens the breath, clears the complexion, purifies the skin, beautifies the voice and increases the patience and tremendously augments the power of concentration. **It is known that the volume of the brain contracts and expands at every inhalation and exhalation.** This is accelerated and accentuated in Pranayam and the brain benefits by increased quantity of blood supply

and toning. Hence a day spent without Pranayam is to be regretted.

SUNDARAM

**(56) Drugs are a great and positive curse to humanity.**

Drugs no matter in what form under what conditions, in what quantity, and quality under what name, patented or otherwise have been. are, and will continue to be in proportion to their use, a great and positive curse to God's human family.

This great and almost universal delusion namely, that by taking of drugs or patent medicines a sick person can be restored to health, is shown in all its absurdity, in the supposition **that what will make a well person sick will make a sick person well.** This is a great fallacy, as is sadly shown by the millions, that have passed off from the earth's surface, before half their days were spent since the creation of the world or since the days of Hippocrates, drugs never have cured one single person having disease of any nature. When it is asserted they have done so, it will be found on close examination and argument that the person has recovered comparative health in spite of the drugs and not through their influence.

DR. JOHIR COWAN M. D.



## (57) Methods for strengthening a weak heart.

The only way to render a weak heart strong is by exercise, Exercise strengthens the heart just as it does any other muscle. The same exercise which strengthens the legs in running or the arms in rowing strengthens the heart also by compelling it to do the amount of work necessary to supply the needed blood to the active muscles and to carry it to the lungs for purification.

Persons, however who have weak hearts must avoid violent exercise, but should put themselves under careful training beginning with general exercises and gradually increasing the vigour of the muscular work from day to day. Care should be taken to avoid getting greatly out of breath or exciting the heart to such a degree as to produce a very rapid pulse. If some shortness of breath is induced by the exercise, it should subside by resting four or five minutes. The pulse should also return within a few minutes to its normal rate. Walking and especially mountain climbing is a most excellent means of strengthening the heart if not exceedingly weak. If however the heart is so weak as to cause swelling of the ankles, one of the

indications of a very weak heart, mountain climbing is too severe a form of exercise. Even walking may be prohibited necessarily in some cases still more gentle exercise must be employed, but in such cases the individual must place himself under the care of a physician who is thoroughly acquainted with the application of physiological therapeutics.

DR. J. H. KELLOGG M. D.

**(58) Gospel of Brahmacharya no misuse of reproductive fluid.**

This may be laid down as absolutely true that that the sex fluid is more important to the male organism than many times its quantity in blood; that it has its function in building the character of the boy and making a man of him. It gives him the male voice and the male courage and the male strength. In a well-regulated life it is reabsorbed; or taken into the circulation, its vital elements going to the vital centres, to strengthen them and its earthly elements feeding the bones, hair, nails etc and building up the masculine properties of the man. The loss of the fluid in any way saps his very life energy and leaves him only a "thing" that might have been a man. And it is for this very reason that we have so many things and so few men, just

as it is essential for the seminal fluid to be circulated in proper legitimate sexual intercourse for the purpose of procreation only, so it is a thousand times more essential that this life fluid should not issue from the body at any time. This is the gospel of Brahmacharya and it is the physical ideal for which youngmen should strive.

DR. J. D. SINGH. N D.

M. A. B. SC.

### **(59) How Water acts as a curative agent in certain diseases.**

The following cures by hot water have been tried over and over again in our household.

(1) **Headache almost always yields** to the simultaneous application of hot water to the feet and back of the neck.

(2) A towel folded, dipped in hot water, quickly wrung out and applied immediately to the seat of pain, will in most cases promptly relieve **tooth ache** and neuralgia.

(3) A strip of flannel or towel folded several times lengthwise and dipped in hot water, then slightly wrung out and applied about the neck of a child suffering with acute attack of croup will usually relieve the sufferer in the course of ten minutes if the hot cloths are changed constantly and kept very warm.

(4) **Hot water taken freely half an hour before bed time is one of the best possible cathartics** in severe cases of **constipation** while it has a soothing effect upon the stomach and bowels.

(5) There is no domestic remedy that so promptly cuts short **congestion of the lungs**, **sore throat** or **rheumatism** as will hot water applied promptly and thoroughly.

‘HEALTH’

(60) **The most powerful remedies for human ills.**

Natural food in moderation coupled with occasional fasting, fresh air, pure water, sound and regular sleep, cheer-fulness, easy profession, sunshine and exercise are the natures most powerful remedies which will keep the human machine in perfect working order and do more to restore the diseased body than all the doctor's pills and the druggist's tinctures.

—DR. REINHOLD M. D.

(61) **Taking liquid with meals invites Dyspepsia**

It is a bad habit to take any liquid with meals. The food is not sufficiently mixed with saliva and the gastric and other digestive juices

are diluted, rendering the task of digestion more complex and difficult. Drinking at meals is the probable cause of dyspepsia. Quit for a while and note the difference. About two hours after eating and up to about half an hour before the next meal, drink a quart or more of pure water. Try this for one month and see how you feel by that time.

DR. SINGH M. D. M. A. BSC.

## **62) Curative articles of food for chronic constipation.**

The most useful articles of food for chronic constipation are

(1) Coarse bread. (2) Butter. (3) Fresh green vegetables. (4) Prunes. (5) Apples. (6) Peaches. (7) Berries. (8) Honey and. (9) Raisins.

## **63) Essentials of health and longevity**

Great temperance, open air, easy labour, little care are stepping stones to health and long life.

## **64) How worry kills**

Don't worry. It will heat your blood, turn your hair grey and rust your mind. It will put wrinkles to your brow and stiffen your joints. worry will not help you across a critical period but will put mountains in front of you. Learn not to worry.

Dr. Singh N. D. M. A. Bsc.

### **(65) Colic pain is cured by Hot Enema**

For colic pain, give a hot enema, apply a fomentation and afterwards a wet girdle for an hour on the abdomen repeat this procedure if necessary.

Dr. J. H. Kellogg M. D.

### **(66) Semen is a substance too precious to be got rid of from our body.**

It is therefore the greatest mistake to imagine that the semen is something to be got rid off frequently. All vital energy and nerve force involved into ejaculation and the precious chemical substances which go in its composition can be better utilized by being transformed into other creative work. The analysis of the chemical nature of the ejaculated fluid reveals among other things a remarkably high percentage of calcium and phosphoric acid both precious substances in our organism.

Dr. Marre Stopes.

### **(67) The neglect to take a daily bath occasions disease and debility.**

The skin is one of the most depurating organs of the body. From each of its millions of pores constantly flows a stream laden with poisonous products of disintegration. As the water evaporates, it leaves behind it these non-volatile poisons which are deposited as a thin film over the whole

surface of the skin. As each day passes, the process continues and the film thickens. If the skin is moderately active, three or four days will suffice to form a layer which may be compared to a varnish or sizing. The accumulation continues to increase unless removed and soon undergoes further process of decomposition. It putrifies, rots, in fact and develops an odour characteristic, and quite too familiar, though anything but pleasant, being at once foul, putrid, fetid, pungent, uncleanly and unpardonable. But the offence to the nose is not the extent of the evil. The unclean accumulation chokes the mouths of the millions of little sewers which should be engaged in eliminating these poisons and thus obstructs their work. Being retained in contact with the skin, some poisons are absorbed together with the result of advancing decay, thus re-poisoning the system and necessitating their elimination a second time. Such diseased conditions can only be avoided and health preserved by employment of daily bath with clean water which is unexcelled as a detergent.

#### **(68) Health to disease is a slow journey.**

The transition from health to disease goes on so slowly that the physical sinner does not notice the alteration for a very long period.

## (69) Light is indispensable to health

Next to sleep, the exposure of the naked skin to the influence of light, is the best means of stimulating our flagging vitality. Being deprived of the revivifying power of sun-light, our nerves loose their healthy tone and this gives rise to innumerable nerve diseases. One third of all our ailments should be prevented and cured by this means. Light is indispensable to health and when it is lacking the whole body suffers.

## 70 The Curse of Cooking food on women.

There is nothing more laborious and nerve-destroying than the preparation of the alleged good dinner. Instead of being the queen of a home woman is a mere vassal. She must stand over a miniature furnace to cook the meals, and **breath the poisonous odor of boiling food, the grease and slime of pots and dishes instead** of spending that time walking in the life-giving sunlight and drinking in nature's purifying air. The home of which she has dreamed has laid upon her a confinement and labour but little lighter than that which society puts upon the dangerous criminal who has violated her laws. It is simply impossible for a woman to spend 6 hours out of twelve in the dense and smoky kitchen over a roasting fire breathing



air laden with the burning or steaming foods and give her progeny those devine faculties which are their birth right.

### **(71) Evil effects of cooking food.**

Cooking brings about great changes in the nature of food. There are four classes of food stuffs. Proteids, carbohydrates (starches and sugars) fats and salts, some of the proteids are so changed by cooking as to be co agulated and cannot be digested. Another effect of cooking is to make the starch foods too digestible so that the system becomes overloaded with them resulting in obesity and other disorders. Salts in the uncooked material are in such a chemical state as to be readily assimitated by the human system.

When the temperature is raised however beyond a certain point these salts by far the most valuable, of the food elements, are so changed as to become quite useless.

DR. W. R. C. LATSON  
M. D.

### **(72) Virtues of oranges.**

The orange is one of the nature's finest gift to man. Orange juice contains predigested food in a most delicious and attractive form, ready for immediate absorption and utilization. Even full milk is not as much superior to orange

juice in nutritious value as one might expect. **One or two oranges taken at bed time and on rising in the morning are excellent means of stimulating bowel action.** The delightful flavor and stimulating influence of orange juice excites peristaltic activity and so tends to prevent the accumulation of food residues in the colon which leads to putrefaction and auto-intoxication. As a food in few cases, nothing could be more perfectly suited to the requirements of the patient's condition.

### **(73) Stomach and health.**

If you would keep well take care of the stomach. If you would get well take also the same care of the stomach.

### **(74) What to do at the time of epidemic?**

At the time of epidemic keep the mouth and the bowels open.

### **(75) Sleeplessness the cured.**

For a sleepless man, who has too much blood in his head there is nothing better than a bath at 92F° for 30 minutes at bed time and a wet girdle to be worn during the night. The girdle is a towel long enough to reach once and a half around the body, wrung dry out of cold water and covered so to warm up quickly with a thick woolen bandage.

DR. KELLOGG M. D.

**(76) A cold morning bath is refreshing.**

A bath of cold water in the morning and a tepid bath at night is not only necessary for cleanliness in hot weather but adds much to the body and is soothing to the nerves.

**(77) Pain in the pelvis how relieved.**

Pain in the pelvis is almost always relieved by a very hot foot bath, which relieves the congestion diverting the blood into the legs. A hot hip and a leg pack is still more effective.

DR. SINGH. N. D. M. A. B. SC

**(78) A house without sunshine is not habitable.**

No room without sunshine is fit to live in. Sun-shine purifies the body and mind as it disinfects the foulest wind. It may hence be enunciated as an indisputable fact that all who live and pursue their calling in situation where the minimum light is permitted to penetrate, suffer seriously in body and mind.

**(79) Dark habitation has trebled death rate.**

The cases of disease on the dark side of an extensive barrack in Peters burgh in Russia have been uniformly for many years in proportion of three to one, to those on the side exposed to strong light.

**(80) Clothes cause diseases.**

The progress of disease i. e. of the deposit of latent foreign matter in the body is in direct proportion to the amount of clothes we wear.

**(81) Cold caused by clothes.**

The more clothes a man wears, the more bed covering he uses, the closer he keeps his chamber whether warm or cold, and more he confines himself to the house, the more readily he will take cold. **Just as the more thriftless youth is helped the less able does he become to help himself.**

DR. HALL. M. D.

**(82) Cold compress in typhoid fever,**

**Inflammation of the lungs, a weak heart and a headache.**

A very cold compress, as a thick and folded towel, applied to the head and face will relieve headache, when the head is hot. The hair should be wet and if the case is obstinate, apply an ice collar around the neck. Change the compress as soon as it begins to become warm.

**(2) Typhoid fever**—a cold compress applied to the abdomen in typhoid fever during the entire course of the disease will prevent ulcerction and

hoemorrhage in nearly every case. The compress should cover the whole abdomen, should be wet in water at 60F° and must be changed every 30 to 40 minutes according to the degree of fever, or as often as it becomes well warmed.

(3) **Weak or failing heart** :-For a weak or a failing heart, apply a cold compress over the heart 60F° for 15 to 20 minutes and repeat every hour.

(4) **Inflammation of the lungs** :-Apply a cold compress over the whole front part of the chest and the affected side and change every 15 to 20 minutes or when well warmed.

DR. J. H, KELLOGG. M. D.

(83) **Complete maturity a sina gua non to procreation.**

Complete maturity is unquestionably essential to the use of the sexfunction if the highest good of the race is to be attained. The children of adult parents are usually superior. Not until they have had a chance to attain full growth are well cared for fruittrees allowed to bear. The same reasoning should be applied to the human race.

BERNAR MACFADDEN.

- (84) A female not fit to be a mother till she is twenty-three years old.**

It has been thoroughly proved that no woman has the vitality to stand the strain of maternity before her 23rd year.

IBID

- (85) Preciousness of semen.**

All eminent physiologists agree that the most precious atoms of the blood enter in to the composition of the semen.

- (86) Absorption of semen in the body highly beneficial.**

In a pure and orderly life, semen is reabsorbed, it goes back in the circulation ready to form the finest brain nerve and muscular tissue. This life of man carried back and diffused through his system makes him strong and brave. If wasted, it leaves him effeminate, short lived and a prey to a host of diseases too, grievous to be borne.

DR. NICHOLSON M. D.

- (87) Right breathing is curative as well as preventive of diseases. Its correct method.**

If one's health is impaired or if he wants to preserve it and increase his power to resist disease, he must first of all, give attention to

breathing. Even food and drink are second in importance to this, for one can live for days without nutrition except the air breathed. But if deprived of that even for a few minutes life ceases. Here are some of the first rules for acquiring a correct method of breathing, as given by a specialist who has made an exhaustive study of the subject.

(1) After retiring at night, release body and mind from all tension and take full and regular inhalations through your nostrils, hold the breath about one second, take all the time you can to exhale it, keep this up until you are weary or fall asleep.

(2) When awake in the morning, repeat the exercise at least for five minutes longer if time permits.

(3) During the day take as many full respirations as possible exercising care with the exhalations. While taking these exercises, one should bear in mind the thought that he is inhaling new life power and success.

**(88) Greater the vitality better the chances of cure.**

Every cure of bodily ailments, consists of the raising or restoration of your vitality, which

when lowered the vis medicatrix (mending power) operates imperfectly. This is accomplished by purifying the body of its foreign matter and in proportion to the restoration of vitality, it will resume its office of cleaning the organism.

### **(89) How clothes interfere with health:-**

The skin exhales effete gaseous matter. another portion is thrown off from the bowels as flatulence. The fowl matter from both these sources is caught and condensed by the almost air tight clothes and a part of it re-enters the skin, clogging the pores and forming the layer of solid matter in and below the cuticle. This deposit supresses and hinders the action of the nerves, so that they desist from summoning the blood to the skin, Hence the sensation of chilling is only felt when the skin is inactive and anaemic. The blood having retreated from the surface is congested within and may lead to serious, even fatal results.

### **(90) Light needed as food**

We need light as food to bring about the chemical composition and re-composition of matter in our bodies

### **(91) snuff spoils the voice.**

Tobacco, when used in the form of snuff



seldom fails to impair the voice by obstructing the air.

DR. RUSH.

**92) Tobacco produces as well as aggravates diseases.**

The use of tobacco not only produces or originates various diseases, but it greatly aggravates the symptoms of those which have their origin in other causes. It also hastens the development of those diseases to which by inheritance, we are constitutionally predisposed, but which otherwise might have slumbered. Few things except perhaps ardent spirits, excite those diseases to which we are constitutionally predisposed, more rapidly than chewing and smoking tobacco; and this is a powerful argument against the formation or continuation of those habits.

DR. W. A. ALCOTT.

**(93) Modern civilization lives too fast wasting its life energies in a dance of desires:—**

Not every one is prepared to live a life of *tapaswi*. तपस्वी But surely every one should live a life of simplicity, if he would be healthy, strong and wise. Current civilization suffers from fatigue,

and exhaustion. Current civilization lives too fast. It wastes life energies in a dance of desires.

T. L. VASWANI

**(94) The life of a brahmachari should be strictly natural.**

The semen in the body of a man, who leads an irregular, restless and unnatural existence, living on cooked food with salt and sugar and drinking such hot beverages as tea, coffee or cocoa, using tobacco and taking wine, harbouring lewd thoughts, associating with immoral companions, reading love stories, and seeing amorous dramas and cinema shows has a most unstable and fleeting essence of life always seeking an avenue of escape. Despite his firm resolve, to restrain it in his system for higher ends of life—the slightest opportunity of sex act suffices to upset him and like a defenceless lamb before a mighty lion forgetting all his responsibilities as a rational being for his uplift physical, mental and spiritual, he succumbs to his sex impulse and voluntarily digs his grave with his own hands. To such a type of humanity, to be a Brahmachari or continent being is, as impossible of attainment as building castles in air or sweeping off the Atlantic ocean with a broom, a dream that is destined never to be realized. The only way to lead a continent life is to live.

a strictly natural, moderate, regular pious and guileless existence.

### **(95) A healthy house to live in.**

A naturopathic house should face south or west so that sufficient sunlight may enter in it. (II) have the windows at least one third the size of the floor area and (III) should have a solarium or an open space to bask freely in the sun shine.

### **96 Morning air is most wholesome.**

At no period of the day is air so wholesome as in the morning.

### **97. The clothing should be loose and should allow unrestricted movement of any part of the body:—**

When the clothing is worn in such a manner as to interfere with free and unrestricted movement of any part of the body, clothing becomes an embarrassment and often a cause of disease. Among evils of this kind and more serious of them all, is the wearing of the clothing in such a manner as to compress any portion of the trunk of the body wherein lie those organs which have momentous functions to perform in the vital domain. Proper clothing requires wholly unrestricted movement of the walls of the chest.

and abdomen. If the chest or the waist is compressed by tight clothing, the breathing is seriously interfered with and not only the lungs rendered liable to disease but the whole body obviously suffers from insufficient supply of air. The truth of this assertion can be evidenced by the following experiment. Tie a cord tightly around the finger and in a few moments it becomes swollen and cold. The venous blood accumulates in it and new, warm, vitalizing blood is kept out. The tighter the cord, more marked is the effect produced. The constriction about the limbs of any part of the body produces the same result to proportionate extent and occasions injury.

**(98) Tobacco is one of the most deadly of known poisons.**

Few substances on this earth, will, when taken into the bodies of men or animals, will destroy life, in a smaller quantity or in less time. Close observers are beginning to see and realize the fearful consequences which result from its use. A pound of tobacco contains on an average 380 grains of deadly nicotine of which one tenth of grain will kill a dog in ten minutes and the whole quantity is sufficient to kill 300 men if taken in such a way as to produce its full effect.

A single cigar. Contains poison sufficient to extinguish two human lives if taken at once, A case is on record in, which a man was killed in half a minute by this poison.

### **(99) Control of sex-life how beneficial.**

Remember controlled sex life means health and vitality, uncontrolled sex life means weakness, disease, misery and death.

### **(100) How thoughts devitalize.**

There is the closest relation between the psychological processes and physiological functions of the sex organs. Sex thoughts stimulate the sex glands into activity. This over production of secretions make necessary the abnormal loss. There are a great many men who sap their best energies by lustful thinking who but seldom indulge in physical sexual act.

### **(101) Advantages of nudism :**

From a purely physical stand-point there is much to be said for nudism. It has been established that the sun's rays have beneficial effect on the body. Exposure of the body to the air under favourable conditions is also strengthening to the system. The clothes cover a multitude of sins the first of which is dirt. Nudism tends to cleanliness.

which we are told is next to godliness. Nudism is an inducement to physical culture. The majority of people are ashamed of their physical imperfections and if these have to be exposed to the public gaze they will make every effort to correct them. It is perhaps in this respect that nudism will have its greatest effect on the well-being of mankind. It will compel us to be abstemious and to take such exercises that will keep us physically fit.

### **(102) Superiority of nuts and fruits diet as a strengthening agent.**

The elephant with its terrible strength, the gibbon swinging from tree to tree forty to sixty feet away, the Gorilla spueezing a lion to death, the apes biting through rifle barrels, the ourang killing a crocodile by pulling the jaws asunder—all living on nuts and fruits as they get them from the forest, unmistakably demonstrate the strengthening power of the natural nut and fruit diet and laugh and pity the civilized "clever man" with his varnished face, ugly irregular teeth, muddy complexion, the oily skin, the congested ears, the malodourous emanations, the dilated stomach, the filth stuffed intestines 'the foul' hidden cess-pool and his gluttony, Our eating habits are suicidal.

**(103) The cause of human degeneration lies in unnatural diet.**

When our suicidal eating habits are considered it is no wonder that we compare so unfavourably with other fellow creatures of even inferior organisms in health, strength and longevity.

J. R. DEVEREUX,

**(104) Let the body breathe through the naked skin :-**

As the skin shares a duty with the kidneys and lungs, by throwing off both moisture and gaseous products, **it is a matter of the greatest importance that proper body ventilation is secured by remaining practically unclothed so that the air may circulate freely all around our body.** By wearing clothes the body is kept surrounded by evil smelling vapour which is unable to escape.

**(105) Control your appetite and obtain health and long life :**

Wouldst thou enjoy a long life, healthy body and a vigorous mind and be acquainted also with the wonderful works of God, labour in the first place to bring thy appetite to reason.

BENJAMIN FRANKLIN

**(106) The waste of health and longevity  
for transitory pleasures is a crime.**

Health is indeed, so necessary to all the duties as well as pleasures of life, that the crime of squandering it, is equal to the folly and he that for a short gratification, brings weakness and disease, upon himself, and for the pleasures of a few years passed in the tumults of diversion and clamours of merriment condemns the maturer and more experienced part of his life to the chamber and the couch may be justly reproached not only as a spend-thrift of his happiness but as a robber of the public, as a wretch that has voluntarily disqualified himself for the business of his station and refused that part which providence assigned him in the general task of human nature.

SAMUEL JOHNSON.

**(107) Disobedience of natural laws occasions:  
all the miseries flesh is heir to :**

All must take to heart the lesson taught mankind by the bitter experience of the centuries; that the physical, moral, intellectual and social condition, now so almost hopelessly universal, is but the inevitable result of disobedience of natural law, and that man has himself to blame.



when he fails to possess the greatest of earthly blessings perfect health of body and mind and fullness of years in which to enjoy it.

WILLIAM F. BUTTLER.

**(108) A simple diet conduces to vigorous longevity.**

A simple diet was almost exclusively the nourishment of the oldest peoples of Syria, Egypt Greece, and in their most glorious days, of the Romans: and when man shall once more take to heart this means of enjoying uninterrupted health and full length of days blessings which in ages long past were almost universally enjoyed and which man alone and animals under his control, now fail to possess the world will everywhere be blessed with the presence of those who will be considered in their prime at an age now scarcely believed attainable.

**(109) Rest between mental and physical strains an imperative necessity.**

It is the rest that recouperates. Physiology teaches us that the store of mental energy is strictly limited and that it can be very soon exhausted by overwork. There should always be a substantial interval of rest between mental and physical strains.

**(110) Most dangerous excess, that is attended with the most disastrous consequences is the misuse of semen.**

One of the most dangerous and common excesses which exercise & such a far reaching and disastrous consequence on the future well-being both of manhood and womanhood embittering their life and prematurely hastening them to the grave, is the abuse of the reproductive element, a veritable essence of life in the health and life mortgaging Sexual gratification, instead of legitimately using it for the purpose of procreation or mental absorption.

**(111) Great temperance and freedom from common passions as well as cares of the world tend to extreme longevity.**

It is observable in story that the ancient philosophers lived generally very long; which may be attributed to their great temperance and their freedom from common passions as well as cares of the world. The Brazilians when first discovered lived the most natural, and original lives of mankind, so frequently described in ancient countries before laws or property or arts made entrance among them: they lived without business or labour further than for their necessary food

by gathering fruits, herbs and plants: they knew no drink but water, were not tempted to eat nor drink beyond common thirst or appetite, were not troubled with either public, or domestic cares nor knew any pleasures but the most simple and natural. Many of these were said, at the time that country was discovered by the Europeans to have lived to some three hundred years.

SIR WILLIAM TEMPLE.

### **(112) Virtues of a cold bath :**

It is par excellence, the ounce of preventive. It is a coat of mail against colds, catarrhs, and influenzas. To the pregnant woman it is life and vitality and atones for a multitude of physical sins.

A. B. STOCKHAM.

### **(113) Evils of tobacco**

The use of snuff destroys entirely the sense of smell It injures the tone of the voice. While chewing and smoking vitiate the sense of taste. Snuff takers are peculiarly liable to polypus in the nose.

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### **(114) Deep breathing and digestion :—**

All processes of digestion depend upon deep breathing which stimulates action of the abdominal viscera.

— A. B. STOCKHAM.

### **(115) The A. B. C. of health lessons.**

The A. B. C. of health lessons is deep natural respiration. The lungs must be filled to the bottom and the involuntary muscles of breathing brought into action. Health, strength, longevity and power of endurance depend mainly on lung capacity.

—A. B. STOCKHAM. M. D.

### **(116) Pure air is best of all tonics.**

Pure air is not only the best of all blood purifiers, but it is the best preserver against ill effects from other impurities and the best of all Tonics for weak lungs.

### **(117) Cleanliness of the skin. Why a most powerful preserver of health:—**

When we consider that the whole external skin is in some measure a breathing organ that it is continuously discharging impurities from the body that it is the medium through which a large portion of effect or worn out matter of the system passes off and that in its anatomical structure and functional character it holds very near and powerful relations to the lungs, stomach, and other internal organs, we must feel convinced of the great importance of preserving its healthy condition and of securing the vigor-

ous performance of its functions. In order to do this, few things are more indispensable than cleanliness and hence bathing should never be neglected.

—DR. SYLVESTER GRAHAM.

**(118) A cold bath is a sheet anchor against host of diseases :-**

Do not fear the cold water. We have known people to catch cold from a draft of cold air never from a draft of cold water or a bath of any sort. This writer has taken a cold bath every day for 40 years. With perhaps three or four exceptions when travelling day and night by rail and always with benefit. He has bathed in an atmosphere of ten degrees below zero when every drop of water froze as it touched the floor and taken his plunge bath when ice three inches thick had first to be broken with an axe to get at the water, and this daily bath has never hurt him or any person he ever knew or heard of, but has been a condition of vigour and health.

DR. NICHOLS.

**(119) Tobacco excites indigestion :**

The habitual smoker pursues a course which continues to weaken the organs of digestion

and assimilation and at length plunges him into all the horrors of dyspepsia.

DR. MAE. PUISTER.

**(120) Narcotics are Destructive agents :-**

When we have to deal with the narcotics the exciting, intoxicating, poisoning properties of tea, coffee, tobacco, and alcohol, quantity no doubt is an important element. But the safe way with all these mere luxuries of diet is to let them alone. They have no appreciable value as food. They Act only as stimulants to the nervous system and the effect of stimulants is to weaken and finally to destroy.

T. L. NICHOLS.

**(121) Stupefying effects of tobacco.**

Tobacco whether chewed, or smoked or snuffed has no nutritive property but is an acrid poison absorbed into the blood and resting upon the brain and nerves, first exciting and then dulling their sensibility, and finally stupefying and paralyzing.

T. L. NICHOLS.

**(122) The use of tobacco not only produces various diseases but develops inherited ones: -**

The use of tobacco not only produces or originates various diseases but it greatly aggravates

the symptoms of those which have their origin in other causes. It also hastens the development of those diseases to which by inheritance we are constitutionally predisposed but which otherwise might have slumbered and this is a powerful argument against the formation or continuation of the vicious habit.

DR. W. A. ALCOTT.

### **(123) Sugar is one of the curses of the country :-**

I regard sugar as one of the curses of the country, for, it, by taking away the bitter taste of tea and coffee, wheedles down into the stomach those noxious warm water beverages by which the body is deformed and debilitated and the mind enfeebled. It is of no use in rearing of children but injurious—it forces an appetite like strong drink, it makes daily encroachment on the taste, it sends down into the stomach that which it does not want, it finally produces illness. I attribute my immense capacity for hard work to my disregard for dainties.

DR. WILLAM COBBET.

### **(124) Health—How secured.**

Health, without which life is not worth having, can be secured by (1) Early rising (2)

Exercise. (3) Sobriety. (4) Abstemiousness as to food.

**(125) Mental capacity how obtainable.**

**Healthy digestion is requisite for healthy thinking.**

**(126) Thou shall not worry and thus shorten life.**

No burden is so great to bear  
That courage cannot lighten  
And in the depths of dark despair  
Lies strength to lift and brighten.

**(127) The best religion.**

The height of religion is to discern, how little we need but how much we own.

PURITON.

**(128) Drugs are powerless in the treatment of cosumption :—**

The Tubercular Bacillus has the power to wall itself off within the tissues of the body, so that it is firmly fortified against the action of chemicals, serums or other bacterioid elements in the blood stream and its treatment by medicines, whether given by mouth or intra venous injections, is futile.

DR. W. B. CHAPMAN, M. D.



**(129) Over eating feeds the Doctor.**

We live on one third of our food and the doctor lives on the rest.

DR. G. S. COPELAND, M. D.

**(130) Human wants are naturally few.**

Man's rich with little, were his Judgement true.  
Nature is frugal and her wants are few.  
These few-wants answered bring sincere delights.  
But fools create themselves new appetites.

-EDWARD. YOUNG.

**(131) Effects of temperance and intemperance on the human body compared.**

Fatal effects of luxury and ease.

We drink our poison and we eat disease.

Indulge our senses at our reason's cost,  
Till sense is pain and reason hurt or lost,  
Not so, O Temperance bland ! when ruled by  
thee

The brute's obedient, and the man is free.

Soft are his slumbers, balmy is his rest,

His veins are not boiling from the midnight  
feast.

Touched by Aurora's rosy hand, he wakes

Peaceful and calm and with world partakes.

The joyful dawns of returning day.

For which their grateful thanks the whole  
creation pay.

All but the human brute, it is he alone,  
 Whose works of darkness fly the rising sun,  
 It is to thy rules; O Temperance! that we owe.  
 All pleasures which from health and  
 strength can flow.

Vigour of body, purity of mind,  
 Unclouded reason, sentiments refined,  
 Unmixed, untainted joys, without remorse,  
 The intemperate sinners never failing curse.

MARY CHANDLER.

**(132) Nature is a sovereign physician :—**

Nature knows her wants and times so well,  
 as to need little assistance, leave her to her  
 course, who is the sovereign physician in most  
 diseases, and leaves little for others to do. In  
 ancient, Babylon, how great and populous so  
 ever, no physicians were known nor other  
 methods for cure of disease besides abstinence,  
 patience and domestic care.

— SIR WILLIAM TEMPLE.

**(133) Exact quantity of food to drink  
 daily taken conduces and longevity :—**

A pythagorical or monastical diet according  
 to strict rules, and always exactly equal, as that  
 of Cornaro was seems to be very effectual for  
 long life. If there were anything eminent in the

Spartans that was to be imputed to the parsimony of their diet. It is not more true, that "many dishes have caused many diseases" as the proverb is—as this is true, that "many medicines have caused few cures of diseases."

LORD BACON.

**(134) Sleep is nature's great restorer:—**

The persons who enjoy the best health and carry their years the lightest are those who sleep well. Our bodies are undergoing a constant waste of material and power and sleep holds the next place to food in reparation of this loss. A German proverb says, "Good sleep is—half our food."

—DR. BOYD.

**(135) Mental unrest is the destroyer of our health and happiness:—**

Excessive mental work and excessive unrest, more than anything else, undermines health and destroys the peace of our soul and our earthly happiness.

**(136) The abuse of the reproductive function courts disease and death:—**

The integrity of the reproductive function is essential to the proper development of the individual. Nor can the individual in any way more rapidly waste his or her vital energy, nor more

surely induce innumerable diseases and anomalous infirmities nor more certainly hasten on the period of decrepitude and decline than by the gratification of his sexual appetite for other than procreative purposes.

—DR. TRALL

**(137) The best prescription for the over-worked :—**

To a person over-worked no prescription is more effectual than perfect rest.

—DR. SAMUEL. SMILES.

**(138) The art of living lies in being above unnatural wants:—**

Our portion is not large indeed,  
But then how little do we need !  
For nature's calls are few  
In this the Art of living lies  
To want no more than may suffice,  
And make that little do.

DR. COTTON.

**(139) Infallible elements of extreme longevity:—**

It is observable in story, that the ancient philosophers lived generally very long, which may be attributed to their great temperance, and their freedom from common cares, and passions of

the world. The Brazillians, when first discovered, lived the most natural-original lives of mankind, so frequently described aincient countries, before laws or property or arts made entrace into them. They lived without their business or labour further than for their necessary food, by gathering fruits, herbs and plants; they knew no drink but water; were not tempted to eat nor drink, beyond common thirst or appetite; were not troubled by either public or domestic cares, nor knew any pleasures but the most simple and natural. Many of these were said at time that country was discovered, to have lived 200 years, some over 300 years

SIR WILLIAM TEMPLE.

#### **(140) Result of the neglect of the skin :**

The choking of 28 miles of drains may be a silent process but it is none the less sure and no one can calculate the number of thousands of human beings that are annually destroyed by such wilful and neglect. As and matter of fact disease debility go hand in hand with the neglect of the skin.

#### **(141) Retention of semen in the body hardens it :-**

Semen contains the very essence of life. Thus it is an important agent for the norishm-

ent of the brain and strengthening and hardening the body.

MRS. DUMFREY

**(142) Sleep and longevity are twins:—**

The people, who, have lived the greatest age and kept their health, have always observed regular hours of sleep as one of their ordinary rules of life. Hence Dr. Tenner advised Sir Gerst aged 60 fast hastening to the grave, to scrupulously observe the following rule:—

“When you go to bed, see the clock and don’t leave the bed till 8 hours have passed except when the house is on fire.”

**(143) Invariably prompt and lasting punishment is inflicted on the individual who misuses his semen.**

That God intended the reproductive element in mankind to be used only as a means to propagate the species; no clear minded, right thinking man can deny and when used for any other purpose it is a waste of one of the finest and most subtle essence of the soul’s interior presence and deserves, as it invariably receives punishment prompt and lasting.

DR. COWVAN, M. D

(144) Exercise a cheap cure for human ailments :—

The first physicians by debauch were made  
Excess began and sloth sustains the trade  
By chase our long-lived fathers earned  
their food.

Toil strung the nerves and purified the  
blood.

But we their sons, a pampered race of men  
Are dwindled down to three score years and  
ten

Better to hunt in fields for health unbought  
Then fee the doctor for a nauseous draught  
The wise for cure on exercise depend  
God never made his work for man to mend  
—JOHN DRYDEN.

(145) How to obtain sound sleep :—

The observance of the following hints ensures sound sleep.

(1) Sleep out doors or as near it as possible; open air makes you sleep so sound, that you need less of it than indoors. **The greatest of all cures, for every ill is sleeping out doors.**

(2) As one hour's sleep before midnight is equal to two hours after. Retire as early as you can, never later than nine.

(3) Take your dinner atleast 3 hours before bed time.

(4) Always take light supper at 6 P. M

(5) Best sleeping light is none or at best what the stars offer. Each light consumes 9 times the oxygen consumed by living creature. Hence have no light.

(6) Lie always fully stretched on a bed stead.

(7) Sleep alone and naked.

— EDWARD ERLE PURINTON.

#### **(146) Effects of exercise and temperance on the human body compared.**

If exercise throws off all superfluities, temperance prevents them: if exercise clears vessels, temperance neither satiates nor over strains them; if exercise raises proper ferments in the humours, and promotes circulation of the blood, temperance gives nature her full play, and enables her to exert herself in all her force and vigour; if exercise dissipates a growing distemper, temperance, starves it.

—JOSEPH ADDISON.

#### **(147) wisdom's root**

Know, prudent, cautions, self control is wisdom's root.

—ROBERTY BURNS.



### (148) Strongest fence against diseases.

Against diseases known, the strongest fence, is the defensive virtue, abstinence.

—BENJAMIN FRANKLIN.

### (149) Royal road for preventing over-eating.

Make your whole repast out of one dish if you indulge in a second, avoid drinking anything strong till you have finished your meal; at the same time abstain from all sauces or at least such as are the most plain and simple. A man cannot be guilty of gluttony, if he stuck to these few obvious and easy rules. In the first place there would be no variety of tastes to solicit his palate and occasion excess, nor in the second any artificial provocatives to relieve satiety, and create a false appetite.

—JOSEPH ADDISON.

### (150) The miracle of mastication.

The beneficial effects of mastication are summed up as under :—

(1) Mastication gives exercise to the teeth, making them healthier, sounder and brighter.

(2) Mastication induces the flow of saliva in the mouth, which acting on the insoluble starches, turns them into soluble sugar.

(3) Mastication reduces the food to the finest particles so that it is easily acted upon by the stomach and intestinal Juices.

(4) Mastication helps the body to extract all the available nourishment from food maintaining it in health and vigour on a smaller quantity of daily rations and

(5) Mastication induces the flow of gastric juice in stomach, thus facilitating the digestion of food.

**(151) Proper exposre to sunshine increases the intellectual output.**

In addition to their beneficial physical effects, the rays of natural or artificial sunlight are experienced as serving the purpose of a brain food. The proper exposure of the naked body to sunshine increases the intellectual out put.

**(152) Sobriety is the loving mother of human life.**

Divine sobriety, pleasing to God the friend of nature, the daughter of reason, the sister of virtue, the companion of temperate living, the loving father of human life,, the true medicine both of the soul and of the body; how much

should men praise and thank thee for thy countless gifts, for thou givest them, the means of preserving life in health that blessing than which it did not please God, we should have a greater in this world-life and existence so naturally prized, so willingly guarded by every living creature.

LONIGI CORNARD.

**(153) Advantages of bringing appetite to reason :**

Wouldst thou enjoy a long life. a healthy body, and a vigorous mind and be acquainted with the wonderful works of God, labour in the first place to bring your appetite to reason.

BENJAMIN FRANKLIN.

**(154) Why is the man sickliest animal in creation ! nature delights in the most plain and simple diet.**

Every animal but man keeps to one kind of diet. Herbs are the food of this species, fish of that, and flesh of a third. Man falls upon everything that comes in his way, not the smallest fruit or excrescence of the earth, scarce a berry or a mushroom can escape him. Hence the human animal is the sickliest creature in creation.

**(152) Innumerable distempers lie in ambuscade in a modern meal.**

The apothecary is perpetually employed in countermining the cook and vintner (wine-seller). It is said of Diogenes, that meeting a young man who was going to a feast, he took him up in the street and carried him home to his friends, as one who was running into imminent danger, had he not prevented him. What would that philosopher have said, had he been present at the gluttony of a modern meal ! Would not he have thought the master of a family mad and begged his servants to tie down his hands, had he seen him devour fowl fish, oil and vinegar, wines and spices, throw down salads of twenty different herbs, sauces of a hundred ingredients, confections and fruits of numberless sweets and flavours ! What unnatural motions and counter ferments must such a medley of intemperance produce in the body ! for my part, when I behold, a fashionable table set out in all its magnificence. I fancy that I see gout and dropsies, fevers and lethargies with other innumerable distempers lying in ambuscade among the dishes

JOSEPH ADDISON.

**(156) What is proper mastication:**

The doctrine of proper mastication may be summed up in the following two sentences.

(1) Every food article has a flavour and taste peculiar to it. Select, only those to make up your meal that appeal to your sense of smell and taste at the time and

(2) Continue masticating every morsel of food as long as its flavour and taste last in the mouth.

**(157) Fasting as a cure for desperate diseases.**

No degree of abstinence can be too great for the cure of the most of the diseases to which mankind is exposed, rather by the viciousness, than by the frailty of their natures, diseases by which we often condemn ourselves to greater torments and miseries of life than have perhaps been yet invented by anger or revenge or inflicted by the greatest tyrants upon the worst of men.

I know not whether some desperate degrees of abstinence would not have the same effect upon other men, as they had upon Athicks, who, weary of his life as well as his physicians by long and cruel pains of a dropsical gout and

despairing of any cure, resolved by degrees to starve himself to death, and went so far, that the physicians found he had ended his disease instead of his life.

—SIR WILLIAM TEMPLE.

### **(158) Avoid envy, the worst of all Passions.**

Envy is the worst of all passions, and feeds upon the spirits and they, again upon the body. Of all affections envy is the most importune and continual; therefore it was well said, "envy keeps no holidays," for it is ever working upon some or other. It is also the vilest affection and the most depraved for which cause it is the proper attribute of the devil.

—LORD BACON.

### **(159) Cardinal rules for the treatment of diseases for the physicians.**

It is true physicians must be in danger of loosing their credit with the vulgar, if they should often tell a patient he has no need of a physic, and prescribe only rules of diet and common sense; most people would think they had lost their fee. But the first excellence of a physician's skill and care is discovered by resolving whether it is best in the case to administer any physic or none—to trust to nature

or to art, and the next, to give such prescriptions as, if they do no good, may be sure to do no harm. In almost all cases, it is always advisable to have nature to her course, who leaves nothing for others to do.

—SIR WILLIAM TEMPLE.

**(160) Importance of breathing pure air and keeping a clear skin vindicated.**

It has been calculated that the air cells in the lungs, if spread out, would cover a surface one yard wide and 300 yards long. If we add to this 28 miles of tubing that exists in the skin, one would readily see the importance of breathing pure air and keeping the skin clean, as the best means of preserving one's blood in a healthy state.

**(161) The way to kill consumption in embryo.**

Depend upon that the daily cleansing the skin by either cold or tepid sponging followed by friction and proper exposure of the body to sunlight, combined with the supply of pure air in our dwellings is the best means of preventing the germs of consumption from establishing themselves in the body.

**(162) Temperance explained and eulogized.**

That which I call temperance is a regular and simple diet, limited by every man's experience of his own easy digestion, and thereby proportioning as near as well can be, the daily repairs to the daily decays of our wasting bodies Temperance ! that virtue without pride a fortune without envy; that gives indolence (repose) of body and tranquillity of mind; the best guardian of youth and supprt of old age; the precept of reason, as well as religion: the physician of the soul as well as of the body; tutelar goddess of health. and universal medicine of life, that clears the head, and cleanses the blood, that strengthens the nerves, enlighthens the eyes, and comforts the heart.

—SIR WILLIAM TEMPLE.

**(163) There is no powerful tonic than a sponge and friction bath.**

It is not merely the skin and the lungs that are benefitted by constant attention to the skin, but the cold sponging and friction have a most powerful and direct influence for good on the organs of digestion and assimilation; in fact there is no part of the system but what participates in the good effects for no powerful tonic can be used. Some that have a glimmering of



its importance plead want of convenience and time as an excuse, and yet a basin of water, a sponge and a coarse towel, with 10 or 15 minutes of time every morning, are all that are necessary to secure the incalculable benefits that accrue from this valuable practice.

**(164) Evils of luxury**

Oh luxury ! thou curst by Heaven's decree,  
How ill exchanged are things like these for thee,

How do they potions, with insidious joy  
Diffuse their pleasures only to destroy.

OLIVER GOLDSMITH.

**(165) How to take food**

Chew and taste your food, your stomach has  
neither teeth nor taste-buds.

**(166) What is medicine.**

Medicine is the art of entertaining the  
patient, while nature restores him to health.

**(167) What is the best sauce.**

Hunger is the best and most useful sauce.

**(168) Eat an apple a day:—**

An apple a day keeps the doctor away.

ENGLISH PROVERB.

**(169) How graves are dug:**

Men dig their graves with their teeth.

FRENCH PROVERB.

**(170) Tea and coffee.**

Tea and coffee are intoxicants in the true sense of the term.

DR. LEONARD WILLIAMS.

**(171) The effect of over-eating.**

One fourth of our food nourishes us and the other three fourths nourishes the doctor.

DR. ABERWATHY.

**(172) Ways to ward off or overcome diseases.**

The following are the ways that ward off or overcome diseases. (1) Eat natural foods. (2) Keep the body clean externally (3) Do not overload the stomach (4) Do not smother the body with clothes (5) Exercise regularly (5) Breathe deeply and properly and (7) have sufficient rest and sleep.

**(173) How to secure health ?**

Health without which life is not worth having, you will hardly fail to secure by (1) early rising. (2) exercise (3) sobriety and (4) abstemiousness as to food.

WILLIAM COBBET.

- (174) Select solid foods to eat, so as to secure slow mastication.**

Our food should be solid, so as to secure slow and perfect mastication.

DR. GRAHAM.

- (175) The abuse of the reproductive function is attended with serious physical penalties.**

The integrity of the reproductive function is essential to the proper development of the individual. Nor can the individual in any way more rapidly waste his or her-vital energies nor more surely induce nameless diseases and anomalous infirmities nor more certainly hasten on the period of decrepitude and decline than by excesses or irregularities of the sexual appetite.

DR. TRALL M. D.

- (176) Sexual organs must always be kept clean.**

In the matter of cleanliness the organs of generation ought to receive the same care that is usually given to the organs of the face.

DR. FOOTE M. D.

- (177) How does tobacco retard digestion.**

It must be obvious to the most prejudiced mind, that the immense quantity of saliva

expended during the use of the cud and pipe retards the digestive process producing flatulency.

DR. STEPENSON.

**(178) Tobacco produces idlers.**

Few habits make men idle more readily than chewing and smoking especially the latter.

DR. W. A. ALCOTT.

**(179) Politicians aspiring longevity and meritorious service to the state must carefully regulate their diet.**

A statesman if he would live long which to do is a part of his duty granting him fitted to render good service to the state must pay a jealous and watchful attention to his diet.

A patient in the fever ward of an hospital scarcely requires to be more carefully regulated in this particular.

HENRY TAYLOR.

**(180) Tea and coffee stimulate that is weaken and finally destroy the brain but do not strengthen it.**

They stimulate the brain, but do not strengthen it. Shakespeare and Bacon and all the strong men of the preceding age, did very good thinking without tea or coffee or tobacco. They

are neither of them necessities of life. There is no doubt that we should be healthier; stronger better without such luxuries. Even if those who have formed habits of using them continue their use, all children should be brought up in freedom from such habits. The longer all children are kept from tea, coffee, beer, spirits and tobacco, the stronger will be their nerves, the purer their blood, the more perfect their health and the better their prospects of long and happy life.

DR. NICHOLS.

**(181) Total abstinence from sexual intercourse can never be excessive.**

Chastity or total abstinence from sexual intercourse can never be excessive. It is always advantageous and promotes health and happiness of the individual. It can never be the cause of injury or disease.

DR. TRALL M. D.

**(182) What should a patient do if he wants a speedy recovery.**

All kinds of fermented liquors tea and also coffee ought to be given up together with the use of tobacco if unhappily the patient should have addicted himself to the use of that poisonous and demoralising weed.

DR. ABERCROMBIE.

**(183) Why is a daily bath a *sine qua non* to the preservation of health.**

When we consider that the whole external skin is in some measure a breathing organ; that it is continually discharging impurities from the body, that it is the medium through which a large portion of the effete or worn-out matter of the system passes off and that in its anatomical structures and functional character it holds very near and powerful relations to the lungs, stomach, and other internal organs, we must feel convinced of the great importance of preserving its healthy condition and of securing the vigorous performance of its functions. In order to do this few things are more indispensable than cleanliness; and hence bathing should never be neglected.

DR. SYLVESTER GRAHAM.

**(185) Smoking never aided digestion.**

It is a mistake to suppose that smoking aids digestion. Physicians meet with thousands of cases of dyspepsia connected with the use of tobacco in some one of its forms.

DR. MUSSEY

**(185) Tobacco users are a dirty class of people.**

Those who use tobacco in any one of its

forms are more over, exceedingly inclined to a neglect of cleanliness.

DR. W. A. ALCOTT.

**(186) Brain work is generally associated with indigestion.**

Generally speaking the man who thinks most digests usually worst while the man who thinks least digests best. Healthy labourers and dyspeptic philosophers. The hard working man has the digestion of an ostrich and scarcely knows where his stomach lies while the brain worker has to watch carefully every mouthful that he eats and is scarcely allowed to forget that he has a stomach.

DR. SAMUEL SMILES

**(187) Tobacco imparts dusky colour to the complexion.**

It produces dyspepsia. It prevents the early and complete digestion of the food. It imparts to the complexion a disagreeable dusky colour.

DR. RUSH.

**(188) Tobacco is the hand maid of dissipation and vice.**

Tobacco with many especially with inexperienced youth is the handmaid of dissipation and vice; and deeply involves the individual, as well

as general health, morals and happiness of the rising generation.

DR. STEPHENSON.

**(189) On what does vigour of the mind and health depend ?**

The most celebrated physicians and physiologists of the age are unanimous in asserting that the vigour of the mind and the health of the whole frame depend on the sanative condition of the skin, which in its healthy state carries off by millions of its porous outlets on its surface those impurities of the blood which if retained would give rise to the most complicated diseases.

**(190) Avoid auto-intoxication and remain free from-lingering diseases**

But for the excrementitious impurities finding their way into the circulating vital fluids of the body and then picked up continually by the assimilating processes of the organism and incorporated with the tissues, it is plain that gout, rheumatism, erysipelas, bronchitis, pleurisy, diphtheria, pneumonia, and all liver heart and kidney troubles with malaria and fevers of every kind, could never effect permanent lodgment in the system as definite forms of disease.

DR. HALL. M. D



**(191) Culinary art is immoral:—**

Immoral is the culinary art  
 For in disguise it gives disease a start  
 Disease of body and disease of mind  
 Must form immoral thoughts in mankind.

DR. DREWS.

**(192) virtues of a walking exercise.**

There are few things more conducive to health than walking exercise.

Walking— I mean a walk, not a stroll — is a glorious exercise; it expands the chest and throws back the shoulders; it strengthens the muscles; it promotes digestion making a person digest almost any kind of food it tends to open the bowels, and is better than any aperient pill ever invented; it clears the complexion gives rosy colour to the cheeks and brilliancy to the eye, and in point of fact, is one of the greatest beautifier in the world.

Walking exercise is worthy of all commendations and is indispensable to contentment, health, strength and comeliness.

DR. CHAVASSE.

**(193) Over brainwork debilitates digestion.**

The stomach of over brain workers become as

weak as blotting paper. Their difficulty is not so much in earning their food as digesting it.

DR. SMILES.

**(194) Tobacco while lessening the chance of success paralyzes the moral sensibilities.**

The boy who indulges in cigarettes will inevitably lessen his chances of success in life...  
.....Even the moderate use of tobacco weakens the muscles and nerves. Of all candidates for athletic honours, those that never used tobacco in any form surpassed the rest. It soils the mouth the breath the perspiration and the whole social, moral and religious being.....I know, I but echo the voice of the wise ones of the world when I say that tobacco paralyzes the moral sensibilities more than almost any other habit in which civilized men indulge.

DR. DIO LEWIS

**(195) When does brain work become exhaustive and eventually destructive.**

We have few buxom and rosy faced thinkers. Brain excitement reacts upon the nerves, the stomach, the heart, the liver and indeed upon the entire vital frame work of our system. Its action is a sort of vital combustion. It gives off fire and heat and in doing so burns away like coals in a grate; Provided the fuel of food, sleep

and rest are regularly supplied brain work is salutary but when such fuel is deficient, through dyspepsia, want of exercise, sleeplessness, brain work is exhaustive and eventually destructive. The smart of the sting scarcely repays the pleasure of honey.

DR. SMILES.

**(196) As the offsprings inherit the qualities of their parents, the progenitors should lead an unsullied and pious life.**

There is no condition of body or life with which the germs of life may not be affected by either of the parents the seeds of all follies, vices, and crimes are sown in the organism Moral character, intellectual powers and tendencies, physical organisation health or disease, happiness or misery are impressed upon the infinitesimal germ and the inconceivably minute zoosperm. The microscopic animalcule shaped like an elongated tadpole is, in reality, a blackguard a liar, a thief, a scoundrel or it is scrofulous or syphilitic or gouty; or it is idiotic or insane. All these are formed by a parent of whom these are actual qualities. so the sins of parents are visited on their children to the third and fourth generation and where the causes continue, to the thirtieth and fortieth.

— T. D. NICHOLAS.

**(197) Early rising a boon to city dwellers.**

The morning air is the most wholesome and strengthening. Even in crowded cities men might do pretty well with the air of the morning. But how are they to rise early if they go to bed late.

WILLIAM COBBETT.

**(198) Tobacco is not the food but an enormous waste of life.**

Tobacco, if not so great an evil as alcohol, is yet an enormous waste of life. It is not food; it is a poison. The habitual stimulation of the nerves by any drug cannot but be a cause of disease. Tobacco saturates the whole body, poisons every nerve and specially affects the reproductive functions. where the use of tobacco is confined to one-sex this effect is not so obvious; but where it is used by both, the increase of population is checked. Females when employed in the tobacco factories in America seldom have children. Nations in which both sexes smoke decline in population. Tobacco, therefore, goes even deeper than alcohol in its waste of life.

DR. NICHOLS M. D.

**(199) Avoid over brain work.**

Up ! Up ! my friend and quit your books  
Or surely you will grow double

Up ! Up ! my friend and clear your looks  
 Why all this toil and trouble ?

Books is a dull and endless strife

Come hear the wood land linnet

How sweet his music ! on my life

There is more wisdom in it.

LONGFELLOW.

### (200) Evils of coffee

It is well-known and English physicians have laid great stress upon this point that the use of coffee and tea often brings on gastralgia, dyspepsia and at the same time, more or less disturbs the apparatus of innervation. (The British Medical Journal.)

### (201) How does snuff create Dyspepsia

From the sympathy subsisting between the olfactories and the nerves of the stomach, the use of snuff has, in some instances, produced dyspepsia.

DR. STEPHENSON.

### (202) Advantages of a sea-bath

Sea bathing is peculiarly stimulating, tonic and invigorating.

IBID.

**(203) Can the law of our body be defied with impunity ?**

The law of our body is no more to be set at defiance, than the law of gravitation.

SMILES.

**(204) Tobacco taints the breath and injures digestion.**

Tobacco is an enemy to domestic economy and personal cleanliness; it taints the breath permanently, injures the digestion, impairs the intellect, and it even shortens the life of some of its votaries.

DR. CHEYNE

**(205) Do not fear cold water. It invariably strengthens the frame.**

Do not fear cold water. We have known people to catch colds from a draft of cold air; never from a draft of cold water or a bath of any sort. This writer has taken a cold bath every day for forty years. with perhaps three or four exceptions, when travelling day and night by rail and always with benefit.

He has bathed in an atmosphere of ten degrees below zero, when every drop of water froze as it touched the floor and taken his plunge bath when ice three inches thick had first to be broken

with an axe to get at the water, and this daily bath has never hurt him or any person he ever knew or heard of but has been a condition of vigour and health.

DR. NICHOLS

**(206) Use enema once a week and wash off accumulated waste in the colon.**

As prevention is always better than cure, I most earnestly recommend this flushing treatment of the colon, to persons in the most exuberent health, atleast once a week before retiring, in order to keep pure and uncontaminated the circulation of the vital fluids of the system, even if no sign of any disease shall be discernible in any organ of the body. In this way a sound constitution may retain youthful vigour almost indefinitely.

DR. HALL.

**(207) A foul obstructed skin being invariably a source of a host of diseases, a thorough daily rub is an imperative necessity**

A foul obstructed skin whose 7 millions of pores are choked up continually with effete-perspirable matter materially adds to the causes of ill health, which are perpetually expending their force upon the urinary and genital organs by

throwing the putrescent matters of the body disproportionately upon the kidneys. In an artificial state of society and with numerous enervating circumstances which abound in civilized life nothing less than a daily cool or cold bathing or washing of the entire surface can keep it in a vigorous and healthy state and enable it to completely perform its own appropriate part of the essential function of eliminating all gross and waste particles from the body.

DR. TRALL. M. D.

#### **(208) Nature of a tonic explained.**

Tonic like other stimulants make a violent drain upon the reserves of vitality, but in no way increase its sum.

—'LIFE.'

#### **(209) Train of evils attendant upon tobaccoism.**

From the habitual use of tobacco in either of its forms; of snuff, cud or cigar, the following symptoms may arise.—a sense of weakness, sinking or pain at the pit of the stomach, dizziness or pain in the head, occasional dimness or temporary loss of sight, paleness and sallowness, of countenance, and sometimes swelling of the feet, an enfeebled state of the



voluntary muscles, manifesting itself sometimes by tremulousness, weakness, squeaking a hoarseness of the voice, rarely a loss of voice, disturbed sleep, starting from early slumbers with a sense of suffocation or feeling alarm, incubus or night mare epileptic or convulsive fits confusion or weakness of the mental faculties peevishness and irritability of temper, instability of purpose, seasons of great depressions of the spirits long fits of unbroken melancholy and despondency and in some cases permanent in-sanity.

DR. MUSSY.

### **(210) Common victims of constipation.**

It is the brain worker—the lawyer, merchant, doctor, banker, minister, teacher, it is the man who sits in his office or works in his store or shop in poor air and light, having a little or no muscular exercise, who constantly thinks, is anxious worried, care-worn, a victim of intense competition and excitement which modern business life imposes...or the school teacher, who barely earns her living though she works brain and nerves almost daily to the point of exhaustion. in the classes subject to unphysiological habits of work, want of recreation unfavourable surroundings,

irregularity in eating, sleeping ect-more from lack of knowledge than from necessity are found victims.

DR. JAMES JACKON.

### **(211) Injurious effects of spices and tobacco on the stomach.**

Tobacco and spices cause intestinal ulcers or inflammation of the stomach or of the mucus membrane of the intestines

GUSTAV SCHLICKEYSEN.

### **(212) How to compass the indigestion-devil**

The observance of the following rules cures all digestive disorders.

(1) Feed only when a distinct appetite has been earned

(2) Masticate all solid food until it is completely liquified and excites in an irresistible manner the swallowing reflex or the swallowing impulse.

(3) Attention to the act and appreciation of the taste are necessary, meantime to excite the flow of the gastric juice into the stomach, to meet the food as demonstrated by Pavlov.

(4) Strict attention to these two particulars will fulfil the requirements of nature relative to the preparation of the food for digestion and

assimilation; and this being faithfully done, the automatic process of digestion and assimilation will proceed most profitably and will result in discarding very little digestion-ash (fieces) to encumber the intestines or to compel excessive draft upon the bodily energy for excretion.

(5) The assurance of healthy economy is observed in the small amount of excretion and its peculiar inoffensive character showing escape from putrid bacterial decomposition.

(6) When digestion and assimilation have been normally economic the digestion-ash (fieces) may be formed into little balls ranging in size from a pea to the so-called queen olive, according to the food taken and to be quite dry having only the odour of moist clay or of hot biscuit. This in offensive character remains indefinitely until the ash completely dries or disintegrates like rotten stone or wood.

(7) The weight of digestive ash may range (moist) from 10 to 40 or 50 grams a day according to the food; the latter estimate being based on vegetarian diet and may not call for excretion for several days, the smallness indicating the best condition. Foods differ so materially that the amount and character of the excreta cannot

be accurately specified. Some foods and conditions demand two evacuations daily.

(8) Fruits may hasten peristalsis but not if they are treated in the mouth as sapid liquids rather than as solids and are insalivated, sipped and tasted into absorption.

(9) Milk, soups, and all liquids or semi-solids should be treated in this manner for the best assimilation and digestion as well as for the best gastatory results.

(10) The acquisition of such an inestimable habit would seem to entail a continuous care and bother and lead to a waste of time.

(11) Such however is not the case. In the beginning, it does require strict attention and persistent care to overcome life long habits of hasty eating but the habit soon becomes fixed and causes deliberation in taking food unconsciously to the feeder.

(12) The time necessary for satisfying complete body needs and appetite daily; when the habit of attention, appreciation and deliberation have been installed is less than half an hour no matter how divided as to the number of rations. This necessitates industry of mastication, to be

sure and will not admit of waste of time between mouthfuls.

(13) Ten to fifteen minutes will completely satisfy a ravenous appetite if all conditons of ingestion and preparation are favourable.

(14) Both quantitative and qualitative supply of saliva are important factors. But attention to these fundamental requirements of right eating soon regulates the supply of all the digestive juices and in connection with the care recommended above ensures not only the economy of nutrition but even immunity from disease.

HORACE FLECHER.

**(213) Chastity is always condusive to human weifare.**

Chastity or total abstenance from sexual intercourse can never be excessive. It is always advantageous and promotes health and happiness of the individual. It never will or can be the cause of disease or injury.

DR. TRALL

**(214) Snuffing produces dyspepsia.**

I have found all the symptoms of dyspepsia produced by snuffing.

DR. CULLEN.

**(215) Who can resist the attack of disease most ?**

Those who have the most vitality, the most power of resistance, the least predisposition to disease, who have been born and are living in the most healthy conditions are proof against outward causes of disease. They pass through plague, yellow fever, cholera and all ordinary epidemics unharmed. In proportion to the energy of our vitality and the purity of our lives is our power to resist and overcome diseasing influences.

DR. NICHOLS.

**(216) Tobacco users experience a want of appetite.**

Those who use tobacco, experience, at intervals a want of appetite.

THE JOURNAL OF HEALTH.

**(217) Tobacco is decidedly injurious to the brain and nervous system.**

It is ruinous to intellect. In all its forms, it appears to be deleterious to the brain and nervous system.

DR STEPHENSON.

**(218) Digestion is the great secret of life.**

"I am convinced" observes Sydney Smith that digestion is the great secret of life and that character virtues, talent and qualities are powerfully affected by beef mutton, piecrust and rich soups. I have often thought I would feed or starve a man into virtues or vices and affect him more powerfully with my instruments of torture than Timothens could do with his lyres.

**(219) The use of purgative medicines condemned.**

With all purgative medicines an increasing dose is necessary and its final effect is constipation with no end of possibilities of various ills as a result of the retention of waste matters in the blood.

**(220) Narcotics are stimulants which weaken and finally destroy the user.**

When we have to deal with narcotics the exciting intoxicating, poisoning principles of tea, coffee, tobacco and alcohol-quantity no doubt is an important element. But the safe way with all these mere luxuries of diet is to let them alone. They have no appreciable value as food. They act only as stimulants to the nervous system and the effect of stimulants is to weaken and finally to destroy.

T. L. Nichols.

**(221) Avoid both hot drinks and hot baths.**

Hot drinks debilitate the stomach as the hot bath does the skin.

DR. NICHOLS.

**(222) The preservation of health is a duty.**

Few men seem conscious that there is such a thing as physical morality. Men's habitual words and acts imply the idea that they are at liberty to treat their bodies, as they please. **Disorders, entailed by disobedience to nature's dictates they regard simply as grievances,** not as the effect of a conduct more or less flagitious. Though the evil consequences inflicted on their dependents and on future generations are often as great as those caused by crime, yet they do not think themselves in any degree criminal. The fact is that all breaches of the laws of health are physical sins.

HERBERT SPENCER.

**(223) Health does not require that there should ever be an emission of semen.**

Health does not absolutely require that there should be an emission of semen from puberty to death though the individual may live a 100 years and the frequency of involuntary nocturnal emissions is an indubitable proof



that the parts at least are suffering under a morbid irritability and debility utterly incompatible with the general welfare of the system. The mental faculties are always debilitated and impaired by sexual gratification.

DR. TRALL.

(224) Abstain from drugs of every description.

Abstain from drugs of every description, whether in the form of pills, castors oil, cod-liver oil, pick-me-ups tonics, jujubes lozenges etc.

HERALD OF HEALTH.

(225) Poisonous contents of tobacco smoke.

The analysed products of tobacco smoke are carbolic acid, sulphureted hydrogen, prussic acid, pyridine and piceoline; thus covering the whole range of slow to active poisons. But though their most violent effects are staved off at the expense of nerve vitality, the end of slow poisoning is certain. Loss of health, irritability of our nervous systems and their attendant evils are the direct consequences of tobacco.

LIFE.

(226) Simplicity is the supreme excellence.

In character, in manners, in style in all things, the supreme excellence is simplicity.

LONGFELLOW.

**(227) Is gratification of the sexual appetite a hygienic necessity ?**

Health does not absolutely require that there should be ever an emission of semen from puberty to death, though the individual may live a 100 years and the frequency of involuntary nocturnal emission is an indubitable proof that the parts at least are suffering under a morbid irritability utterly incompatible with the general welfare of the system. The mental faculties are always debilitated and impaired by sexual indulgence.

DR. TRALL. M. D.

**(228) Tobacco-creates Dyspepsia.**

The recent great increase of dyspepsia among us is attributable in part to the use of tobacco.

DR HOSACK.

It excites indigestion—Prof. Hitchcock.

**(229) Fast clears the intellect.**

The intellect is never so clear and vigorous as after a long fast.

T. L. NICHOL.

**(230) The patient's primary tonic.**

Pure cold air is the best tonic the patient can take.

PROFESSOR CLARKE.

**(231) Chewing and smoking exhaust the salivary glands.**

Chewing and smoking tobacco exhaust the salivary glands of their secretions : thus producing dryness and thirst. Hence it is, that after the use cigar and the cud brandy, whiskey or some other spirit is called for :- The report of the New york anti-tobacco society.

**(232) Wetting the surface of the body with the cold water is a decided tonic.**

For many warm baths may, in time reduce the physical standard. But simply wetting the surface with hand, sponge or towel in cold water or what some prefer dashing cold water quickly over the body is a decided tonic.

A. B. STOCKHOLM.

**(233) What is requisite for healthy thinking**

Healthy digestion is requisite for healthy thinking.

DR. SMILES.

**(234) The power of digestion depends upon deep breathing.**

All processes of digestion depend upon deep breathing which stimulates action in the abdominal viscera.

A. B. STOCKHOLM.

**(235) Tobacco is decidedly a virulent poison.**

That tobacco is not only an irritant but a poison—a most virulent one, too, cannot be doubted.

DR. A. A. ALCOTT.

**(236) The virtues of a cold skin rub.**

It (cold water) purifies, cools and invigorates every part to which it is applied. Try it on the hand. Try it when it is dirty, dry, hot and wearied. Dip it and rub it a few moments in cold water. It becomes clean, moist cool and invigorated. Try it on the whole body and you will find the same effect.

DR. NIACHOLS.

**(237) The kind of food builds a person's character.**

Tell me what you eat and I will tell you what you are.

ENGLISH PROVERB.

**(238) Avoid conventional dinner parties where disease breeding and unnatural foods run riot.**

Of all the inventions with which a cunning spite seeks to lure people to physiological perdi-

tion this suicidal assemblage of saccharine and starchy horrors insinuated in conventional dinner parties is at once the most indefensible and the most deadly. One of the worst features about this subtle sly and specious indulgence is, that it has managed to surround itself with an atmosphere of snug social respectability. It manages to masquerade as a harmless excuse for uplifting conversation and facilitating social intercourse, whereas in reality it is a medium for sustained and steady satiety. The opinion seems to be held with fervour and determination by the vast majority of people, is that a man owes it to himself and his family as a sacred duty to eat as much as he can whenever he can in order to keep up his strength and if any one dares to suggest the contrary he is regarded as a dangerous lunatic. Both the danger and the lunacy reside in the present practice.

SIR-REMESAM

Judge High Court Madras

(239) **Brahmcharya promotes spiritual development.**

Perfect Brahmcharya for 6 months or one year will doubtless enable you to acquire rapid progress in the spiritual development.

SWAMI SHREE SHIVANAND.

**(240) Pranayam and brahmacharya.**

The practice of Pranayam promotes brahmacharya.

IBID.

**(247) Asanas and pranayams useless without a proper diet and brahmacharya**

Without brahmacharya and diet regulations if you practice asanas and pranayams you will get no benefit.

IBID.

**(242) Hygienic commandments.**

Thou shall not be a glutton, a pork eater or a tea im biber or a tobacco user or a coffee drinker, neither shall poison thy body with beer or morphine or narcotic of any kind, stupefying the brain and deadening the higher moral nature. The breaths of tobacco users are stinking. Rooks buzzards and other beasts of prey refuse to eat their dead nicotine pickled bodies on festering battle fields.

DR. PEEBLES M. D.

When 112 years old in "Death defeated"

**(243) Fast starves the disease.**

Take away food from a sick man's stomach,

and you have begun not to starve the sickman but the disease.

DR. DEWEY M. D.

**(244) The curse of marriage.**

Marriage is a legalized prostitution.

BERNARD SHAW.

**(245) Correct diet can cure without medicine.**

Even without medicine, the diseases are cured with following the correct diet, but without correct diet, hundreds of medicines will fail in the cure of diseases.

AYURVEDA

**(246) The avoidance of the causes of disease is the primary treatment in every cure.**

First of all the cause of disease must be avoided, by avoidance of the cause of disease, the disease will disappear as the seeds cannot sprout without the addition of moisture to the soil.

AYURVEDA

**(247) Fire of lust, burns off the best virtues in a human being.**

Nobility of character scholarship, discremina-

tions of right from wrong and faithfulness to family traditions will prevail only so long as the fire of lust does not begin to burn in the organs.

BHARTHARI.

**(248) Artificial salt harmful to man's constitution.**

It is a most remarkable circumstance that the ancient poets and philosophers frequently allude to the circumstances of **man's having rendered himself liable to infirmity, disease and death by the use of mineral matter (artificial salt) which had not been refined and purified by vegetable elaboration.** And it is again most remarkable that, in accordance with this doctrine the ancient Egyptian priests and wise men, as Plutarsh relates taught that salt was fatally hurtful to man's constitution. This is a sound and true doctrine and precisely in accordance with the results of my experince after having studied this subject intensely during many years.

DR. HOWARD.

**(249) Sun as a warderoff, ailments caused by deficiency in diet.**

When diet lacks in nutritious value human beings consuming that deficient diet, naturally suffers from ailments. But these ailments can be



warded off or at least delayed by exposure to the sun. We have plenty of sun-shine full of nutrition for us if we can only utilize that vast and inexhaustible store. The vast majority of Indians can not afford right kind of food and so we do suffer. It does not matter if we can supplement deficiency from the inexhaustible source-the sun. Rollier the great sun worshiper of the modern world has positively demonstrated beyond the possibility of any doubt that weak and devitalized human beings become strong and full of vitality by the systematic and rational sun and air bath.

DR. SINHA M. B.

**(250) Heliotherapy as a sure cure for consumption.**

Experience has shown us that there does not exist a better means of obtaining the maximum resistance from the human being than the sun and air bath methodically utilized, combined with physical exercise and rational nourishment.

DR. ROLLIER.

**(251) Conquest over the sense of taste, ensure conquest over the other senses.**

So long as one is not able to conquer the sense of taste, he cannot be said to have

controlled his senses, even if he has become the master of other senses, all the other senses are easily conquered, when the taste sense is conquered, the taste sense being the most difficult to control.

SHRIMAD BHAGVAT.

**(252) The supply of pure air in human habitation exercises a powerful influence over regenerative capacity.**

About 70 percent of the total infant mortality occurred in a class of people living in one room tenements the proportion of deaths to births varied inversely as the number of rooms occupied by the parents.

DR. MRS. DUMFREY M. D.

**(253) Advice of a cenetarian for attaining longevity.**

Eat simple and course food, (2) lead open air life or if you are unable to do it get as much fresh air as possible into lungs and (3) take plenty of exercise (4) Never use any stimulants such as wine, tobacco, tea, coffee. Any neglect to observe these rules which one owes to himself and to God is always followed by punishment in the guise of ill health or early death.

**(254) Advantages of exercise.**

(1) Improves the size and strength of the muscles. (2) makes the respiration regular and strengthens the heart. (3) increases and purifies the blood. (4) Removes the toxins from the body. (5) Keeps all the organs in a healthy and active condition.

**(255) Donts for the care of eyes.**

(1) Don't read continuously for a long time. (2) Don't work in dazzling light (3) Don't read when riding. (4) Don't read small typed books. (5) Don't remain for a long time in a smoky atmosphere (6) Don't wander much in hot weather (7) Don't use opium tobacco or any other intoxicating drug. (8) Don't read lying. (9) Don't use spectacles without consultation with a good doctor. (10) Don't work hard mentally if you are weak. (11) Don't study in a warm room. (12) Don't bend forward while reading. (13) Don't keep your books near your eyes while reading. (14) Don't begin to study soon after you awake in the morning. (15) Remain always cheerful (16) Dont Look towards the dazzling light of a lamp or the midday sun.

**(256) Health and Longevity rules of a person who lived 125 years.**

(1) Sleep for 8 hours atleast (2) keep your sleeping room clean and well ventilated (3)

Take morning bath with cold water and rub the body well (4) Eat little chew thoroughly till every morsel loses its original taste. Never over feed yourself (5) Always drink plenty of pure water (6) Have plenty of pure air and physical exercise (7) Breathe deeply with your mouth closed (8) Avoid spiced dishes and invariably take simple food (9) Keep the skin, teeth and bowels always clean (10) Abstain from all sorts of intoxicants (11) Remain or work in sun shine as long as you can (12) Avoid over work both mental and physical.

**(257) The ideal diet which promotes health, strength and longevity**

Milk, in fact, is the only single article of food, that represents a complete diet. milk is unexcelled for growing children it has no equal for the promotion of growth and nutrition.

M. J, ROSENUE.

**(258) Milk is a curative agent.**

Milk diet is the sovereign remedy in all diseases, due to malignant humours.

BHAV PRAKASHA.

**(259) Out door sleep in all seasons greatly accelerates consumptive's recovery.**

Patients should sleep out doors even in winter. Whether it showers, rains, Or freezes, in a

short time they usually seem to enjoy. sleeping out, they soon present a very improved condition. In almost any climate this method of cure is possible and certainly it is rapidly gaining in vogue.

### (290) When to clean teeth?

To keep the teeth clean, is, one of the important duties of the seeker after health. The time at which it is most necessary to clean the teeth and the mouth is bed time. Really the ideal way to do this is after each meal.

### (261) Low vitality is the fast friend of consumption.

Consumption is kept under control by the resisting force of good health but when the vitality is lowered consumption finds an easy foot hold, especially when the digestion and assimilation are defective and the lack of sun shine and pure air marked.

### (262) Defective teeth—a great handicap in the treatment of consumption.

In consumption a great handicap is defective teeth, as such chewing tools make it impossible to properly masticate the food. In such cases therefore see that teeth perform this function properly.

### (263) The effect of Tobacco on the Spiritual evolution.

A general deadening down of the man's qualities, resulting in gross materialism, brutality and animalism in the loss of all finer feelings and of the power to control himself is very commonly to be seen among those who are slaves of the tobacco habit. Again and again we find that they persist in their self indulgence, even when they know perfectly well that it causes nausea and misery to their neighbours. We shall recognize the deterioration at once when we think that this is the only practice in which a gentleman will persist, when he is aware that it causes acute annoyance to others. Clearly in this case the finer feelings have already been seriously blunted. But the hold which this noxious habit gains upon his bond men appears to be so great that they are utterly incapable of resisting it and all their gentlemanly instincts are forgotten in this mad and horrible selfishness. Its evil effects are obvious in the physical, astral and mental bodies. It permeates the man physically with exceedingly impure particles causing emanations so grossly material that they are frequently perceptible to the sense of smell. Astrally it not only introduces impurity but it also tends to deaden many of the vibrations and it is for this reason

that it is found to soothe the nerves as it is called. But of course for occult progress we do not want the vibrations deadened nor the astral body weighed down with foul and poisonous particles. We need the capacity of answering instantly to all possible wave lengths and yet at the same time we must have perfect control, so that our desires shall be as horses guided by the intelligent mind to draw us where we will, not to run away with us wildly, as does this noisome tobacco habit and carry us into situations in which our higher nature knows that it ought never to be found, Its results after death are also of the most distressing character it causes a sort of ossification and paralyses the astral body so that for a long time (extending to weeks and months) the man remains helpless, supine, scarcely conscious, shut up as though in a prison, unable to communicate with his friends, dead for the time to all higher influence **Is it worth while, incurring all these penalties for the sake of a petty indulgence? For any person who really means to develop his vehicles, to awaken his chakras, to make progress along the path of Holiness tobacco is undoubtedly an evil thing to be sedulously avoided.**

REV C. W. LEAD BEATER.  
The chakras P. 53

**(264) Curative virtues of water.**

Remember, water, hot or cold, is the greatest remedy we have in materia medica. It is diuretic, it is a laxative, it is sudorific, it is an anodyne, it is an emmedagogue, it is an aperient it is a choleagogue, it is emetic, it is an autrifebrile, it is antiseptic it is sterilizer, it is a disinfectant, it is a demulscent; it is a sedature, it is a soporific, you can do almost everything with water that you can do with drugs and with better results.

DR. TRALL, M. D.

**(265) Who is the best physician.**

He is the best physician who knows the worthlessness of drugs.

SIR WILLIAM OSLER.

The greatest physician of our age.

**(266) How medicine cures ?**

Remedial agents or drugs are morbidific in their operations and therefore by the administration of medicine, we cure one disease by producing another.

DR. MARTIN PAINE. M. D.

Professor Medical college, Newyork.

**(267) The three great doctors that never fail patients.**

Dr. Diet, Dr. Quiet, and. Dr. Merryman



are three great physicians who render herculean service to the disease stricken humanity.

JOHN ABERNETHY.

The greatest surgeon of his time.

**(268) The principles of allopathic medicine and operation of drugs.**

The least that can be said of drugs,

Is some do give relief,

But cures are never in them found

In truth they just deceive.

For, masking symptoms with drug

Does not remove the cause :

In other words, it will not

Atone for broken laws.

But doctors claim their drugs assist,

In nature's plan to heal.

Advise in chief is, **take our dose,**

**And never miss a meal."**

**So with Drugs to hide the symptoms**

**And food the very best,**

**Between the two they pull them through**

**The sexton does the rest**

DR. C. S. DEVOL. M. D.

**(269) Valuable directions to patients.**

Keep your head cool and your feet warm  
and leave the rest to providence

BOERHAVE

The greatest physician of his time.

**(270) Tobacco detrimental to scholarship.**

In 50 years not one person, who used tobacco ever stood at the head of his class in Harvard university though 5 out of every 6 Harvard students use tobacco.

PROF. O' SHEA. (U. S. A.)

**(271) Naturopathic remedies vindicated.**

We ransack the ends of the earth for drugs and minerals, we extract our potions from the deadliest poisons but around us and about us nature offers the hygeotherapeutic fount, unsealed and accessible to all. Naturopathic remedies are not desperate. They bequest none of the maladies consequent on blue pills and mercury, on purgatives and drastics, On iodine and aconite, on leeches and the lancet.

SIR BULVER LYTTON.

**(272) It is only nature that cures patients.**

Our remedies in ourselves do lie which we ascribe to others.

SHAKESPEARE.

**(273) Elements of Hygiene.**

The main elements of hygiene are great temperance, open air easy labour, little care.

SIR PHILIP SYDNEY,

**(274) Cure in a nut shell.**

The celebrated Dumoulin remarked on his death bed, that he should leave behind him three distinguished physicians water, exercise and diet.

**(275) Diseases are cured by nature, independantly of the drugging art.**

Of all the diseases that are curable and cured, the vast majority are cured independantly of the drugging art, that the number of cases that recover and would have died had not the drugging art interefered are extremely small.

SIR JOHN FORBES.

**(276) Self defensive power of the Human organism.**

It is a proved fact that the organism actually manufactures and administers medicine to itself in the form of autitoxine and that many diseases are recovered from, quite as readily without medicine as with them.

**(277) Regularity in the functions of life is a great preserver of health.**

"Order is Heaven's first law" and no where is this law better exemplified than in the human body. Nature is inexorably opposed to caprice. She executes all her processes in an orderly

manner and with the greatest regularity, and if man will only co-operate with her by strict regularity in eating and drinking, sleeping and rising and solicitation of his bowels, the result will be a surprise to him in the form of renewed health and vigour. He will have an unclouded mind and be ready to face the trials of every day existence with an indomitable courage

Dr. TYRRELL M. D.

**(278) The way to reduce sickness and mortality.**

I declare as my conscientious conviction founded on long experience and reflection, that if there were not a single physician surgeon, midwife, chemist, apothecary druggist nor drug on the surface of the earth, there would be less sickness and mortality than now prevail.

JAS JOHNSON M. D, F. R. S.

Editor of the medico-Chirurgical review.

**(279) The effects of medicines on the human system.**

The science of medicine, is a barberous jargon, and the effect of medicines on the human system is in the highest degree uncertain; except indeed, that, they have destroyed more lives than war pestilence and famine combined.

JOHN MASON GOOD. M. D. F. R. S

**(280) Water the best friend of man.**

When pain and sickness, wet the brow  
 A health restoring medium thou,  
 Travel the world from end to end  
 You will never find a better friend.

**(281) Destruction of drugs—a boon to mankind.**

If all the drugs were thrown into the sea,  
 it would be so much better for man, but so  
 much worse for the fishes.

DR OLIVER WENDELL HOLMES

**(282) What cures diseases**

Drugs do not cure diseases, disease is always  
 cured by the vis medicatrix nature, the inherent  
 natural power in a human being.

PROF. JOSEPH M. SMITH. M. D.

**(283) Physicians as murderers**

Physicians have buried thousands to the  
 graves who would have recovered if left to nature.

PROFESSOR CLARK.

**(284) Practice of medicine defined**

The art of amusing the patient, while nature  
 performs the cure is known as practice of medicine.

O. CALLAGHAN.

**(285) The great need of the present educational system.**

The great need of the present day is adequate instruction in physiology and hygiene, that humanity may, not only know how to secure the restoration of health when lost, but by attention to physiological and sanitary laws may retain good health indefinitely.

CHARLES A TYRRELL. M. D.

**(286) Minimum amount of sleep needed for an adult individual.**

We are decidedly of opinion that 8 hours' sleep is necessary for the adult individual.

IBID.

**(287) Th number and time of daily evacuations.**

The bowels should be solicited every morning, soon after rising and every night just before retiring. In this case regularity in solicitation will invariably produce regularity in movement. We only wish that we could impress everyone of our readers with the importance of this practice, and of the immense benefit of regularity in the pursuance of it, just as the stomach acquires the habit of expecting food when regularly supplied to it at

stated intervals even so will the bowels respond to the solicitation if regularity is persisted in.

CHARLES TYRRELL. M. D.

**(288) Allopathic medicines are absolutely injurious.**

Nine times out of ten our miscalled remedies are absolutely injurious to our patients suffering under diseases of whose real character and cause we are most culpably ignorant.

PROF. JAMEISON OF EDINBURGH.

**(289) Operation of drugs upon humanity**

Thousands are annually slaughtered in the quiet of the sick-room. Government should atonce either banish the medical men and proscribe their blundering art or they should adopt some better means to protect the lives of the people than at present prevail, when they look far less after the practice of this dangerous profession and the murders committed in it than after the lowest trade.

DR. FRANK AN EMINENT AUTHOR AND  
Practitioner.

**(290) Nature of Allopathic curative agents.**

All our curative agents are poisons and as a consequence every dose diminishes the patient's vitality.

PROF. ALONZO CLARK M. D.

**(291) Sunshine as essential as air or water, as a health preserving agent.**

Sunshine is as necessary to robust, vigorous health as either air or water. Then seize the full enjoyment of it whenever opportunity offers ! it is a stimulant and tonic that has no superior. Go forth into the sunlight on every possible occasion. It is one of the nature's greatest therapeutic agents and she bestows it ungrudgingly without money and without price. If you are wise you will avail yourself of her bounty.

CHARLES TYRRELL. M. D.

**(292) Nervous debility how cured.**

It is astonishing, how few people are, who properly estimate the hygienic value of sun's rays. For nervous debility and insomnia the treatment above all others is rest in sunshine Draw the bed to the window and let the patient lie in the sun shine for hours.

IBID.

**(293) Medicines make the patients really worse.**

It cannot be denied that the present system of medicine is a burning shame to its professors, if indeed a series of vague incongruities deserves to be called by that name. How rarely



do our medicines do good ! How often do they make our patients really worse ! I fearlessly assert that in most cases the sufferer would be safer without a physician than with one. I have seen enough of the mal-practices of my brethren to warrant the strong language I employ.

DR. RAMAGE

Fellow of the Royal College

**(294) A thing that passes comprehension.**

-Why is sunlight excluded from homes ? Light is necessary. Light is free to all and why human beings endowed with reason should attempt to exclude it from their dwellings is a thing that passes comprehension. Give the light free access to your dwellings. "Let there be light" is as imperative now as when the fiat went forth at the dawn of creation.

CH. TYRRELL M. D.

**(295) Fresh pure air, preserves the animal heat of the body.**

Oxygen keeps up the animal heat of the body and you can really keep warm in a room with plenty of fresh air than in a close room where air is vitiated.

CHA TYRRELL M. D.

**(296) Preserve your vitality by refraining from the violation of laws that govern your being.**

Nature demands an accurate accounting. Man thinks but little of the drafts he is continuously making upon his vitality. But sooner or later the account will be presented and payment exacted in full. There is no such thing as vicarious payment. The debtor must pay in person and it therefore behoves every man to watch the debit side of his life's ledger, and make a daily balance of his account with nature.

CHARLES TYRRELL M. D.

**(297) Medicines poison the blood.**

All medicines which enter the circulation poison the blood in the same manner as do poisons that produce disease.

PROF. JOSEPH M. SMITH M. D.

**(298) All condiments promote dyspepsia.**

Condiments overstimulate the stomach, exciting the secreting glands to abnormal action and irritating the sensitive mucus surface. In addition they over-heat the blood, excite the nervous system, inflame the passions and are responsible for many of the dietetic excesses into which men plunge under this unnatural

stimulation. As a general rule all condiments promote indigestion.

CHARLES TYRRELL M. D.

### **(299) Why fruits are an ideal food.**

Fruits are an ideal food for several excellent reasons. The chief among them are :—

(1) They contain less earthly matter than any other known organic substance.

(2) They contain upwards of 70 percent of the purest kind of distilled water, distilled in nature's laboratory; and distilled water is an admirable solvent and is ready for immediate absorption into the blood.

(3) The starch of the fruit has, by the sun's action been converted into glucose and is practically ready for assimilation and last but not the least.

(4) Nature has designed albumen as the staple substance of nutrition for man and primarily, vegetable albumen; hence fruits form as nearly as possible a perfect food, containing as they do, this important constituent.

CHARLES TYRRELL. M. D.

### **(300) Tea as injurious as alcohol though in a less degree.**

Tea and coffee are substances which neither

form tissue nor serve as fuel, and may be banished from the table with decided advantage. Few people realize that the difference between the drinking of alcohol and tea is simply a question of degree. It is true that the consequences of excessive tea drinking are not as severe as those from over-indulgence in ardent spirits but the pernicious effects of the constant drinking of strong infusions of tea justify us in calling the practice a serious menace to health. Tea leaves contain from 2 to 4 percent of caffeine, or theine, which is an alkaloid, and always found in combination with tannin. They also contain a volatile oil, which is the source of the aroma, and in addition possess a sedative quality. Tannin is a powerful astringent, and hence it is strongly provocative of constipation. Its action upon the mucus surface of the stomach is highly detrimental to that organ, as it arrests the excretion of the gastric juice by its contractile effect upon the glands. Its constant use will almost invariably result in digestive disturbances, and will certainly aggravate such troubles, if previously existing. It is true that a cup of hot tea is a refreshing beverage, but not more so than a cup of hot milk—in fact, it is the heat that imparts the sense of comfort experienced on drinking it. Children should never be allowed to

drink either tea or coffee as the seeds of a baneful habit may be sown, for in tea, as in alcohol drinking, it is a habit easily acquired.

CHAS TYERRELL. M. D.

**(301) Sunshine superior to electricity.**

As a clever physician lately explained, it is more than possible that sunshine produces vibrations and changes of particles in the deeper tissues of the body, as effective as those of electricity. Many know by experience that the relief it affords to pain, both neuralgic and inflammatory is more effective and lasting than that of any application whatever.

**(302) Fewer the administration of the poisonous drugs to the patients, so much the better for them.**

The fewer remedies you employ in any disease, the better for your patients.

PROF. H. G. COX M. D.

**(303) The sunshine as a safest caustic.**

During a practice of more than a quarter of a century I have found no caustic to compare with solar heat in its beneficial results. Unlike other caustics it can be applied with safety on the most delicate tissues and the system receives this treatment kindly.

**(304) Nature of drugs.**

All medicines are poisons.

PROF. ST. JOHN.

**(305) Derangement of the digestive system how caused.**

The administration of medicines is the most fruitful cause of the derangements of the digestive system.

PROF. PEASLEE M. D.

**(306) Distilled water prolongs life.**

So great is the proportion of mineral substance in the ordinary drinking water that it is safe to assert that if after maturity is reached only distilled water or other absolutely pure water was partaken of, life would be prolonged fully 10 years.

CHAS TYRRELL M. D.

**(307) Deep breathing after dinner promotes digestion.**

A few minutes spent in vigorous deep breathing after each meal is one of the best means of remedying the sense of heaviness and weight of which so many complain after eating, because of low digestive power

IBID.

### **(308) The origin of fever explained scientifically.**

Now, as all substances incapable of physiological use are foreign, such as particles of worn out tissue, the waste products of digestion, etc, and their presence in the animal economy is inimical to the general welfare, the depurating organs are called into active play to expel the offending substances; and the increased physiological activity, and (in the case of actual lesion) the increased flow of blood to the parts, for the purpose of repair, causes a rise in temperature, commonly known as fever, which is one of the most frequent symptoms of what is generally recognized as disease; thus establishing the fact, indisputably, that disease is purely and simply a remedial process, either for the purposes of repair or purification.

### **(309) Drugs themselves produce disease.**

From the countless remedies of the pharmacopoeia we can select substances that if administered to a healthy person will produce almost any known form of disease—thus, brandy, cayenne pepper and quinine, will induce inflammatory fever; scammony and ipecac will cause cholera morbus; nitre, calomel and opium, will provoke typhoid or typhus fever; digitilis will cause

Asiatic, or spasmodic cholera; cod liver oil and sulphur promote scurvy, and all the cathartic family inevitably causes diarrhoea, the disease in each case being nothing more than the effort of Nature to get rid of these troublesome intruders.

**(310) Over eating is a vice which introduces poisons in the system.**

It is a grave mistake to suppose that it is necessary to eat a large quantity of food to become healthy and strong. The system only needs sufficient nourishment to repair the waste that has taken place. Besides, the digestive fluids are not secreted in an indefinite quantity, but in proportion to the immediate need, Hence, food taken in excess of requirements, being only partially digested acts as a foreign substance. e. g. a poison and in addition unduly taxes the system to dispose of the unnecessary waste, satisfy your hunger but do not pander to the vice of gluttony.

**(311) How our breathing process vitiates the air in our homes.**

The late Prof. Willarm Parker, in a lecture delivered before a class of medical students, made a very forcible illustration of how the air of a room was vitiated, in the following impre-



sive words. "If, gentlemen, instead of air you suppose this room filled with pure, clean water, and that instead of air, you were exhaling twenty times a minute a pint of milk, you can see how soon the water, at first clear and sparkling, would become hazy and finally opaque; the milk diffusing itself rapidly through the water, you will thus be able, also, to appreciate, how at each fresh inspiration you would be taking in a liquid that grew momentarily more impure. Were we able to see the air, as we see the water, we should at once appreciate, how thoroughly we are contaminating it, and that unless there be some vent for the air thus vitiated, and some opening large enough to admit a pure supply of this very valuable material, we will be momentarily poisoning ourselves, as surely as if we were taking sewage matter into our stomach.

### (312) Medical facts are medical lies

Generally over, 99 out of every 100—medical facts are medical lies, and medical doctrines are for the most part stark staring non-sense.

PROF. GREGORY.

### (313) Effect of Tobacco and Alcoholic liquors on health and longevity.

Another contribution made by our life

Insurance companies is in showing the effect of tobacco and alcholic liquors on health and longevity. In a study made by the Canadian Insurance companies, it was found that while the mortality rate of non smokers was 50, that of moderate smokers was 93.

**(314) The achievements of the Allopathic medical art.**

Medical art has killed untold- thousands. The history of medicine is the history of fatal errors.

I. H. HIROCHFELD M. D.

**(315) All must attain health.**

Health is men's birthright.

DR. DENSMORE M. D.

**(316) Chewing of Betel nut and pan injures the teeth**

If every dental and medical practitioner in the land were to preach against the use of pan and show their patients how very harmful and objectionable the practice is, there would be less of pyorroea in the land.

**(317) The value of a human tooth.**

Every tooth in a man's head is more valuable than a diamond.

DON QUIXOTTE

**(318) Healthy mouth begets healthy system**

The time and care you give the mouth and teeth are well spent, for a healthy mouth is absolutely essential—if you want a healthy system.

**(319) Care for your teeth.**

Houses are built strongly and kept in repair. Teeth should have the same care.

**(320) Neglect of the teeth occasions serious diseases.**

Proper care of the mouth and teeth is one of the most important of all the measures that are taken for the protection of the human body and the failure to give them proper care is, in my judgment the direct cause of more disease in the human family than any other cause.

**(321) What bath is the best.**

A bath in the open air, especially in sunshine is most conducive to health.

BILZ.

**(322) Prevention is always better than cure.**

Pure air, pure food, pure water, and a cleaner atmosphere, are more important than the whole medical profession. I have never myself thought very much of the bottle of medicine.

I am certain that, the prevention of disease is infinitely more important than the Red cross and ambulance work to which so large a proportion of the medical profession to day unfortunately have to devote themselves.

DR. ARTHUR GREENWOOD.  
Minister of health.

### **(323) Evils of drinking**

It is an open question, whether the whisky bottle or the tea pot exercises the most baneful influence.

DR. J. BATLEY.

### **(324) Sun shine as a mental tonic**

It is as a mental tonic that the sun has the most direct and immediate effect on us. That the sun light not merely cheers us but acts as a definite mental tonic is proved by the number of literary men of genius, who have produced some of their best works while basking in the sun. Both Shelly and Byron for instance were sun worshippers.

### **(325) One who wants health wants everything with it.**

O blessed health ! thou art above all gold and treasure. Tis thee who enlargest the soul,

and openest all its powers to receive instruction and relish virtues. He that has thee, hath little more to wish for, and he that is so wretched as to want thee, wants everything with thee. Sterne.

**(326) With what is the origin of all human maladies connected ?**

It is one of the axioms of physiology that the majority of the diseases of mankind are due to or are connected with perversions of nutrition.

PROF. CHITTENDON P. H. D, L. L. D.

**(327) Foundation of all the good to the society.**

The eating and drinking reformation is the foundation of all the good that would be produced in society.

J. BROTHERTON M. D.

**(328) Steady obedience to the laws of being, ensures more than a century of earthly existence.**

The eminent physician and hygienist Sir. B. W. Richardson recently expressed his decided opinion that if men and women in general, properly understood and steadily obeyed the laws of their being, physical, intellectual and moral—70 percent of them would live to the age of 110 years.

**(329) The first requisite in life.**

The first requisite in life is to be a strong animal.

**(330) The finest health preserving drinks**

The finest drinks are those made from fresh fruits' juices. The juice of one or two oranges, first thing in the morning, or the juice of half a lemon in a glass of hot water at night, will be found to have a most beneficial effect upon the kidneys and the eliminative functions generally.

DR. HARRY BENJAMIN

**(331) The health—a *sina qua non* to every kind of enjoyment in life.**

Health, brightest visitant from heaven,  
 Grant me with thee to rest  
 For the short term by nature given  
 Be thou my constant guest.  
 For all the pride that wealth bestows,  
 The pleasure that from children flows,  
 Whate'er we court in regal state  
 That makes men covet to be great;  
 Whatever sweets we hope to find  
 In love's delightful snare,  
 Whatever good by heaven assigned  
 Whatever pause from care;

All flourish at thy smile divine,  
 The spring of loveliness is thine,  
 And every joy that warms our hearts  
 With thee approaches and departs.

ROBERT BLAND

**(332) Tea is bad not only for the nerves  
 but also for the digestion**

The continual drinking of tea has a most deleterious effect upon the digestive processes, in time, as many devotees of the "Tea habit" have found to their cost.

Tea contains two drugs or poisons theine and tannin-alkaloids as they are termed. And these have an effect upon the system [similar in kind to that of alcohol. They stimulate the system at first, only to depress later, and the natural processes of the body are thus thrown out of proper co-ordination. The digestion of starches in particular is delayed by tea drinking, while the elimination of bodily impurities and food poison from the system via the blood stream and kidneys is delayed.

DR. HARRY BENJAMIN.

**(333) What is first wealth ?**

The first wealth is health.....Give me

health and a day and I will make the pomp of emperors ridiculous.

EMERSON.

### **(334) Catching health.**

While we catch disease with difficulty we catch health easily, the wind is laden with it, the sky is covered with it, every morsel of wholesome and natural food is charged with it, and the glorious sunshine carries health into our bodies with its warming rays. On every hand our contact with nature, inoculates us with health.

GOOD HEALTH.

### **(335) As worry shortens life, always be cheerful.**

Be cheerful, no matter what reverses obstruct your path way or what plagues follow in your trail to annoy you. Ask yourself what is to be gained by looking or feeling sad when troubles throng around you or how your condition is to be alleviated by abandoning yourself to despondency. Should you find your way a little thorny, consider it all for the best, and that these impediments are only thrown in your way to induce greater efforts and more patient endurance on your path. Be cheerful. Do not brood over fond hopes unrealized. Nature intended you to



be the fountain head of cheerfulness and social life and not the travelling monument of melancholy and despair.

**(336) Tea creates indigestion and constipation.**

Caffeine the active principle of tea has 'a cumulative effect and acts some what similarly to cocaine 'stimulating at first, but like other drugs with an inevitable and depressing reaction demanding further stimulants and leaving the consumer worse than he was before. In this way tea is the cause of much depression, discontent, unrest and craving for excitement. It also creates indigestion, insomnia, anaemia constipation and often leads up to alcohol drug taking and even insanity. Coffee is bad, cocoa not much better.

DR. JOHN FISHER

**(337) Death is better than a life of continual sickness.**

Better is the poor, being sound and strong of constitution than the rich man grievously afflicted in his body. Health and good estate of body are above all gold, and a strong body above infinite wealth. There is no richness

above a sound body and death is better than a life of continual sickness.

ECCLESIASTICUS

### **(338) Evils of heavy clothing**

The following are some of the chief evils of clothing.

- (1) It keeps off air and light from the skin..
- (2) It obstructs the skin from performing its eliminative functions.
- (3) It causes retention of heat in the body.
- (4) It accumulates on the whole surface of the skin, the poisonous products thrown out from the body; through each of the millions of the pores of the skin.
- (5) It keeps the body surrounded by evil smelling vapour which being unable to escape the skin is compelled to reabsorb it.
- (6) This unclean accumulation, chokes the mouths of millions of little sewers which should be engaged in eliminating these poisons and thus obstructs their work.
- (7) It lowers resistance against disease.
- (8) It invites sun stroke and heat prostration.

(9) It bars full play of muscles.

(10) It retards natural growth of the body.

(11) It constricts the action of abdomen, where the cause of every disease originates.

(12) It causes susceptibility to colds.

(13) It covers a multitude of sins, the first of which is dirt. No godliness without strict cleanliness.

(14) It hides the physical imperfections of the body, which if remaining exposed to the public gaze, every effort will be made for their correction.

### **(339) Drugs hasten death**

I was well wished to be better, took medicine and died.

EPITAPH

### **(340) The value of a properly regulated diet in sick nursing**

All diseases can be cured without a particle of medicine if the diet of the patient is properly regulated, but even a thousand and one medicines can cure no malady, without a proper adjustment of diet.

AYURVED.

### **(340) Men abuse their body and lose their health which is above all gold**

Men generally let the body the sacred temple of the spirit on earth—take care of itself; nay, worse, they abuse it. A clean, rounded, muscular elastic form, ready for any emergency, reliable steady, responsible to all calls upon it : healthful, painless, feeling ever an affirmative pleasurable emotions in its currents of vitality; resisting the wear and tear of daily duties, and furnishing the soul a play-ground for geniality, good nature, enjoyment and even work itself. What a boon ! What a treasure.

LUTHER R. MARSH

### **(342) Consequences of errors in diet.**

I have come to the conclusion that more than half the diseases, that embitter life is due to avoidable errors in diet.

SIR HENRY THOMPSON M. D.

### **(343) Origin of Dyspepsia.**

Dyspepsia is due in nine cases out of ten, to too much food, too little exercise.

SIR JOHN LUBBOCK F. R. S.

### **(344) How to doctor.**

The following are the main eight rules of treatment.

(1) Partake of no food during 48 hours after that time continue absolute fast from food, until the patient has pronounced natural hunger; diet should consist of fruits and nuts (2) Administer frequent and copious drafts of hot water, preferably soft or distilled (3) Immerse the feet in hot water or apply hot fomentation or hot bricks or bottles to them. (4) Pour cold water on the head (which may be held over a basin) or apply large cloth saturated with cold or iced water. (5) If the patient is suffering from pain in any portion of the body make hot applications (best done by cloths wrung out of boiling water or hot bottle or hot bricks or irons) to the surface of the body nearest the seat of disease. (6) Whenever a person is attacked with a severe pain in the region of the stomach or bowels, let him take half a pint of hot water every five or eight minutes until there is relief. (7) Secure an adequate movement of the bowels by administering an enema of 3 or 4 quarts of warm water to the patient lying in such position as would best aid in retaining water for a considerable period (8) Induce a free perspiration preferably with a hot air bath or-immersion of the body in hot water In addition to these, only general rules of hygiene such as the supply

of pure air in the sickroom, sunlight on the body, and cleanliness are indispensable.

DR. MORAS M. D.

**(345) The nearer the human race approaches the animals in habits and particularly in the matter of diet and dress the freer it is, from the inroads of diseases.**

Dr. Nichols Senn an American doctor spent about Rs. 200000/- worth of his time (at cost value per hour of his time) and went over to Africa to study causes of cancer and this is what he expressed on investigation. "Cancer is a product of civilization like apoplexy and scores of other ailments. **The nearer the human race approaches the animals in habits and particularly in the matter of diet and dress the freer it is from cancer.** The Africans are mostly a fine people physically, lean and tall, except the dwarfs. There is little tendency towards obesity, they have no apoplexy, no distended veins, as we have in civilization. Hence their freedom from cancer. They live naturally and are vegetarians mostly. They are free from many other diseases that pester us also. Tuberculosis is hardly known, and only

along the coast where it has been taken by the whites."

**(346) Perversions of nutrition versus ill health.**

It is one of the axioms of physiology that the majority of the diseases of mankind are due to or are connected with perversion of nutrition.

Prof. CHITTELDON. Ph. D. L. L. D.

**(347) Why are cereals not the natural food of human beings.**

The cereals are not the natural food of human beings because.

(1) they cannot be taken in their original sun cooked state and (2) Their starch has to be digested in the intestine, whereas all natural food is digested in the stomach.

DR. DENSMORE M. D.

**(348) Virtues of the exposure of nude body to sunlight.**

The more you live and work in light and **larger the area of your body exposed to it**, the healthier you become, or sooner you get well. Keep your hands and head, and feet and body bare whenever and wherever you can. There is some energizing force or elements in

natural light, which the system utilizes in some way as plants do.

**(349). Burning lamps consume oxygen ten times more than does man.**

Bear in mind this fact that when you light a lamp or a gas jet, you are virtually and actually introducing an oxygen consumer and a carbonic acid gas producer in the way of a light flame, which according to its size consumes as much oxygen and produces as much carbonic acid gas as if 8 to 16 people were in the room with you.

**(350) To what, is universal degeneracy of civilized nations responsible ?**

Dr. Senn was right. If men and women lived more naturally, the majority of diseases would disappear. Civilization has largely stood for the artificiality of life and for unnatural habits. Excessive meat eating, strong spices and condiments, alcohol, coffee, tea, over-work, night work, fear, worry, sensuality, corsets, high heels, foul air, improper breathing, lack of exercise, loveless marriages, race suicide, all these and many others evils of "hyper civilization" have contributed their share in creating the universal degeneracy of civilized nation ? While expatiating the beneficial effects of natural living in accordance with



nature's laws he might well have added that such persons are also practically free from heart diseases, dyspepsia, nervousness, insanity and a host of other curses of civilization and that women of these races give birth to their children without the dreadful labor pains which affect the mothers of civilized races."

DR. LINDLAHR M. D.

**(357) Air Starvation in a sick room is highly detrimental to the prospects of a speedy recovery.**

When every window of the sick room is closed and the room filled with pestilential odors, the poisonous exhalations of the deceased organism, added to the stale air of the unventilated and thus over-heated apartment, the disease finds a comfortable habitation. Pure air is the first requisite in a sick room. Such air starvation in it is highly detrimental to the prospects of a patient's speedy recovery. Cold air is most agreeable and beneficial to the body both in health and disease. What is feared, is not the pure bracing air, but the re-inhalation and reabsorption of poisonous emanations from the lungs and skin of the deceased body.

**(352) True types of manhood and womanhood as the result of life natural**

When parents learn how to create children

in accordance with natural law, how to mould their bodies and their characters into harmony and beauty, before the new life sees the light of day, when they learn to rear their offspring in health of body and purity of mind, in harmony with the laws of their being, then we shall have true types of manhood and womanhood, then children will no longer be a curse and burden to themselves and to those who bring them into the world or to society at large.

The offspring of alcoholism, drug poisoning, and sexual perversity, will cut but sorry figures in comparison with manhood and womanhood of a true and noble aristocracy of health.

### **(353) To whom is a healthy child denied?**

No unhappy man, no diseased man, no man whose nervous power is exhausted by labour or care, no man who poisons his blood and disorders his nerves with stimulants and drugs can ever beget a healthy child.

DR. T. L. NICHOLS M. D

### **(354) The duty of a doctor.**

The highest act of the true physician is to preserve and to restore, not to mutilate or destroy.

DR. LINDLAHR M. D.

**(355) Evil is an inevitable result of the violations of the laws of nature.**

Evil is not an accident, not an arbitrary punishment, not always an error of mortal mind. It is the natural and inevitable result of violations of the laws of nature. It is instrumental and corrective in purpose and will remain with us only as long as we need its salutary lessons.

DR. LINDLAHR M. D.

**(356) The evil results of an air tight clothing.**

The complete almost air tight layers of under wear and outer clothing made of cotton wool, silk and leather, prevent ventilation of the skin and the escape of the morbid excretions of the body. The skin is an organ of absorption as well as excretion and consequently the systemic poisons which are eliminated from organism if not removed by proper ventilation and bathing, are reabsorbed into the system, just like poisonous exhalations from the lungs are reinhaled and reabsorbed by people congregating in closed rooms or sleeping in unventilated rooms.

DR. LINDLAHR M. D.

**(357) Nothing can take the place of sleep as replenisher of our reserve stores of vitality,**

Sleep is the sweet restorer. Nothing can take its place. No amount of food or drink no tonics, or stimulants can make up for the loss of sleep. Continued complete deprivation of sleep is bound to end in a short time in physical and mental exhaustion, in insanity and death.

DR. LINDLAHR M. D.

**(358) Common salt delays digestion.**

A human being has no more need to eat common salt than he has to eat phos-phate of lime or any other mineral. Our system will extract all it requires if we use proper food. Salt stimulates the abnormal appetite causing us to over-eat and from over feeding come 7/10ths of our ailments. In stomach salt causes acidity and heart burn. That it irritates, we all know for salt and water is a common remedy used to make a person vomit. Salt delays digestion as much as will lie on a six pence delaying digestion for atleast half an hour.

DR. ALLISON

**(359) At least a quarter of an hour be devoted to a regular Breathing exercise**

It is very desirable that every boy and girl

should, every day of his or her life, and for a quarter of an hour at least each time, go through a regular Breathing exercise—that is to say, should be made to stand upright, throw back the shoulders, and alternately and regularly fully fill, and fully empty, the lungs of air. If this plan were daily followed, the chest and lungs would be wonderfully invigorated and the whole body benefited.

DR. CHAVASSE.

**(360) Natural substances of food do not produce much thirst**

Those things which are most proper for the human stomach and the best adapted to the system generally, do not produce much thirst.

DR. W. A. ALCOTT.

**(361) Who is the father of the family of human organs?**

The stomach is the father of the family.

**(362) What creates the necessity for medicine.**

If men did live in habitual course of exercise and temperance, there would be no occasion for medicine.

ADDISON.

**(363) The use of tobacco and indigestion go hand in hand.**

Most if not all of those who are accustomed to the use of tobacco, labour under dyspeptic symptoms:—

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**(364) Snuff prematurely brings on agedness. The devotee of Tobacco becomes a drunkard.**

At thirty, a snuff-taker looks as if she were forty years old. It is the sole cause of a variety of dyspepsia, of which we have witnessed a vast number of instances. chewing tobacco will produce the same affection. Smoking produces dyspepsia and emaciation. The chief evil however in tobacco, taken in any way, is that it leads myriads upon myriads to the habitual use of ardent, spirits and opium and consequently to the ruin of soul body and estate.

DR. CULLEN M. D.

**(365) The penalty of the idle and intemperate**

Blistering, cupping, bleeding are seldom of use but to the idle and intemperate all these are inward applications which are so much in practice among us are for the most part nothing

else but expedients to make luxury consistent with health Addison.

**(366) The use of tobacco invariably drags the devotee to Dyspepsia.**

The habitual smoker pursues a course which continues to weaken the organs of digestion and assimilation and at length plunges him into all the horrors of dyspepsia.

DR. MR. ALLISTER

**(367) Every square inch of the body needs a daily wash.**

Every person should be washed all over in water at least once every day of their lives. In infancy or age at home or abroad, sick or well there should be the daily ablution. Every square inch of skin on the whole body needs it just as much as the face and the hands and it can be done, at a pinch, with a pint of water, with the hand, a wet towel or a sponge. With two or three quarts of water you can have a glorious bath.

DR. NICHOLS M. D.

**(368) Causes which lead to Bad teeth**

The prevalence of "bad teeth" is in my opinion referable chiefly to three causes. — (1) innutrition resulting from the use of impoveris-

hed or indigestible food or substance (2) the use of hot drinks (3) non-use of teeth; dental exercise is the best dentifrice. Observe the quality, white-ness and clean condition of the dog's teeth; from early youth their "tooth brushers" are bones, which they are constantly gnawing, Bread crusts or wheat-kernels would do the business for our young children, replacing "candy" for instance.

— C. E. PAGE M. D.

### **(369) Tobacco is an acrid poison**

And tobacco, whether chewed or smoked or snuffed has no nutritive property, but is an acrid [poison, absorbed into the blood and resting upon the brain and nerves, first exciting, and then dulling their sensibility and finally stupefying and paralyzing.

T. L. NICHOLS M. D.

### **(370) Know thyself.**

Knowing oneself is the greatest concern of every humanbeing.

### **(371) Tobacco spoils natural taste.**

Those who chew or smoke tobacco are rarely satisfied with water or other insipid or tasteless drinks.

DR. WOODLAND M. D.



**(372) Cold bath is a coat of mail against certain diseases.**

Cold bath is par excellence the ounce of preventive. It is a coat of mail against colds, catarrhs, and influenzas. To pregnant woman it is life and vitality and atones for a multitude of physical sins.

A. B. STOCKHAM. M. D.

**(373) The best blood purifier.**

Pure air is not only the best of all blood purifiers but it is the best preservers against ill effects from other impurities and the best of all tonics for weak lungs.

**(374) Even the moderate use of tobacco is attended with grave evils.**

Even when used in moderation tobacco causes dyspepsia, head-ache, tremors, vertigo, and epilepsy. It produces many of those diseases which are supposed to be seated in the nerve.

DR. RUSH

**(375) Evils of taking indigestible food.**

A great scene of wretchedness is sketched out by a morsel of indigestible and unguided food.

SYDNEY SMITH.

**(376) Persistent breathing of impure air positively lowers one's vitality.**

But the deprivation of oxygen and accumulation of carbonic acid, cause injury long before the asphyxiating point is reached. Uneasiness and headache arise **when less than one percent of the oxygen of the air is replaced by other matters**, while the persistent breathing of such air tends to lower all kinds of vital energy, and predisposes to disease. Hence the necessity of sufficient air and ventilation for every human being.

PROF. HUXLEY.

**(377) Tobacco the father of a host of diseases.**

Tobacco produces apoplexy, aphony hypochondria, consumption epilepsy head-ache tremors, vertigo, dyspepsia cancer and insanity.

DR. WOODLAND M. D

**(378) Digestion and mental capacity closely associated.**

Tell me how a man digests and I will tell you how he thinks.

PROVERB.

**(379) The space which a human being needs to secure a supply of uncontaminated air.**

To be supplied with respiratory air in a fair

state of purity, every man ought to have at least eight hundred cubic feet of space to himself and that space ought to be freely accessible by direct or indirect channels to the atmosphere—

PROF. HUXLEY.

**(380) The diseases brought about by the use of tobacco in any form**

The symptoms which are liable to arise from the habitual use of tobacco, whether chewed, smoked or snuffed may be any of the following.

Dizziness, headache, faintness, pain at the pit of the stomach, weakness, tremulousness, hoarseness of voice disturbed sleep, incubus or nightmare irritability of temper, seasons of mental depression epileptic fits, and sometimes mental derangement.

DR. BROWN. M. D.

**(381) Congenial food of a child**

No food is more congenial to a child than its mother's milk.

WILLIAM COBBET.

**(382) Give up every kind of medicine.**

All patent medicines—blood purifiers, pills, bitters, and other panacea of the cure-monger must be finally given up. They cannot create health Nature Knows nothing of sudden conver-

sions, seven years is her ordinary period of construction and it is impossible to suppose that the accumulated weakness of years can in a moment be undone by a mysterious draught or the more fatuous quackery of a galvanic belt.

"LIFE."

### **(383) Tobacco injures memory.**

In nothing, however, are we more certainly injured by the use of tobacco than in the memory...of all the preparations of tobacco, snuff appears to be the worst in proportion to its quantity for the brain and nerves.

DR. ALCOTT

### **(384) The science of Allopathic medicine how improved.**

The science of medicine is founded on conjecture and is improved by murder.

SIR ASHLEY COOPER

### **(385) Tobacco produces weakness.**

The habitual use of tobacco in any of the forms of snuff, cud, or cigar, will sometimes produce weakness, tremulousness and squeaking or hoarseness.

DR. MUSSEY.

**(386) Intoxicating articles injure intellect and weakens the constitution.**

Intoxicating drinks, opium and tobacco, exert a pernicious influence upon the intellect. They tend directly to debilitate the organs, and we cannot take a more effectual course to cloud the understanding. weaken the memory unfix the attention, and confuse all the mental operations, than by thus entailing on ourselves the whole hateful train of nervous maladies. These can bow down to the earth an intellect of giant strength, and make it grind in bondage.

PROF. HITCHCOCK.

**(387) Every one can live 100 years.**

I believe, it is in the power of every one to be a centenarian.

DR. D. BOOSY at 103.

**(388) Tobacco chewing causes insonorous voice.**

That tobacco is injurious to the voice, every one can testify who has heard the harsh, thick, husky, mumbling stammering insonorous voice of the inveterate tobacco chewer.

DR. ALLEN.

**(389) Immense loss of intellectual power as a consequence of tobacco habit.**

The actual loss in intellectual power which

tobacco has hitherto occasioned and is still causing in this Christian nation is immense. How immense it is impossible to calculate. Many a man who might have been respectful and useful has sunk into obscurity and buried his talents in the earth.

FOWLER.

**(390) The best precautionary measures against an attack of illness.**

The best cares or provisions for life and health consist in the discreet and temperate government of diet and exercise in both of which excesses of all kinds are to be avoided.

SIR WILLIAM TEMPLE.

**(391) Evils of taking snuff and chewing and smoking Tobacco**

The use of snuff destroys entirely the sense of smell, as well as injures the tone of the voice, while chewing and smoking vitiate the sense of taste.....Snuff-takers are peculiarly liable to polypus in the nose.

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**(392) Tobacco degenerates vital functions**

I know several instances in which the use of tobacco produced loss of memory, fatuity, and

other symptoms of a weakened or senile state of the nervous system.

DR. ALLEN M. D

**(393) Feebleness of constitution is no bar to attaining extreme longevity if laws of health are steadily obeyed.**

A centenarian, notwithstanding his original feebleness of constitution, had attained extreme longevity by adopting the following rules. (1) observe extreme temperance (2) and careful economy of living. (3) Eat moderately or not at all till nature demanded food (4) Abstain from study when study was irksome. (5) Be always cheerful. Without cheerfulness said he what is philosophy worth.

**(394) Tobacco affects eyes more or less.**

How seldom do we find a snuff-taker or a tobacco chewer whose eyes are not more or less affected? Germany a nation of smokers is proverbially a spectaclad nation.

DR. W. A. ALCOTT.

**(395) Tobacco enfeebles the memory.**

It impairs the functions of the brain, clouds the understanding and enfeebles the memory.

DR. STEPHENSON.

### **(396) Brain workers require more sleep than other people**

Brain workers require more sleep than other people, yet they get less. Sir William Scott of universal fame as a novelist—required 8 hours of sound sleep to keep his brain in full working order. Many distinguished old men possessed the power of sleeping at will. It greatly increased the capacity for exertion. Wellington slept on an old campbed having no room to turn. When one begins to turn in bed it is time to get up. One who does not sleep is in a fair way of becoming insane. It will be perceived clearly how suicidal it is to ward off sleep by taking tea so that more time could be devoted to mental work !!! **As the brain workers above all other require the most repose, every attempt to stimulate the organ into abnormal activity should above all things be scrupulously avoided.**

DR. SMILES.

### **(397) Evils of taking purgatives.**

All cathartic drugs depend for effect upon a certain quality they possess of exciting secretion and peristaltic activity. Of course, they do this through the nervous system few if any of them being mechanical in their



action, but accomplishing their results by stimulating the nervous system to extra effort. In doing this, they necessarily exhaust the source of supply; for the tendency of all stimulants is to induce exhaustion as the consequence of unnatural exhibitions of nervous force. Persons using these so called remedies—laxatives cathartics, and purgatives—thus securing temporarily the movement of the bowels, find that after their use it is more difficult to secure natural passages, and that the dose must be increased to produce any effect. Meantime the continued use of these drugs not only exhausts nervous force, but often creates inflammation of mucous surfaces, disturbing digestion, poisoning the blood.

DR. TRALL M. D.

### (398) Light is the life given

**The more you live and work in natural light and larger the area of your body exposed to it, the healthier you remain or the sooner you get well.** Keep your head and hands and feet and body bare whenever and wherever you can.

There is some ever giving force or element in natural light which the system utilizes in some way as plants do.

### **(399) Lamp consumes 8 to 16 times the oxygen consumed by humans**

Bear in mind this fact that when you light a lamp or a gasjet you are virtually and actually introducing an oxygen consumer and a carbonic gas producer in the way of a light flame which according to its size consumes as much oxygen and exhales as much carbonic acid gas as if 8 to 16 people were in the room with you.

A south or west room contains a better quality of air than a north room which lacks in certain vitalizing light rays which are absorbed during the day by sun light flooded room.

### **(400) Distilled water is the best.**

Well and piped water is loaded with earthly salts therefore in sickness at least use pure or distilled water, mere "boiling" or filtering water is not sufficient to make it pure, though it may remove the organic matter it does not extract the earth salts which it contains.

I recommend distilled water to all my patients in health and sickness and use it altogether at home. Babies and small children should not drink ordinary water which is often saturated with "earthly materials." which it depo-

sit in the tissues of the body whereas distilled water is so absolutely free of cal-careous matter that it helps materially to dissolve and rinse out the deposits that already exist or that tend to form in the organs and tissues.

DR. MORASS M. D.

#### **(401) Time when not to drink water**

Do not drink water or liquids closer than one hour or so before meals and not closer than  $1\frac{1}{2}$  to 2 hrs after meals.

R. MORASS. M. D.

#### **(402) Drink fruit juices**

All people can take orange and apple juices with benefit. But thin or anæmic patients should as a rule avoid lemon juice, where as gouty and full blooded persons should favour it.

#### **(403) Virtue of Fruit Juices for infants**

Matchless for infants :—Diluted half or more with distilled water, it is the most valuable and reliable remedy for tiny babies and infants whenever and wherever they are ailing or constipated.

#### **(404) Infallible cure for constipation.**

I have never known a case of constipation to be obstinate enough to withstand the habit of

drinking fruit juice on rising, when persevered in every morning about one hour before breakfast especially if one takes a walk in the interval.

**(405) Why fruit juice is preferable to the invalids ?**

Because (A) You'd have to fill up pretty tight to get that much juice by eating the oranges or apples or grapes at one lick. (B) You would ingest a mass of "woody fibers" which your alimentary canal would have to dispose of.

When your functions are at par then eat the fruit itself.

**(406) Vegetable juices are as curative as fruit juices.**

Vegetable juices are of no less importance and possess no less "health" value than fruit juices. Both serve the same purpose in preventing and curing sickness.

The fruit juices are curative through the fruit acids which they contain and the vegetable juices are curative through the vegetable and earthly salts (not table salt) which they contain.

**(407) Always take one kind of fruit juice at a time**

If you want a grape cure well, then get

board and lodging for your stomach, liver, blood, brain, muscles and marrow out of grape juice.

There is no incompatibility between the juices of fresh fruits and vegetables.

#### **(406) Rational course for treatment with fruit juices.**

Take them on an empty stomach with a liberal amount of pure distilled water, then to take a walk in the "open" not alone because of the benefit derived from taking in oxygen but also because of the increased circulation of all body fluids and of stirring up of old deposits that have settled in all the muscles.

and cavities and tissues of your body. By so doing the fruit or vegetable juices are more thoroughly mixed with the waste by-products which are the source of your ailment.

#### **(409) How to prepare fruit Juice.**

The most convenient way is to hash up the raw vegetables and then to press out the juice as you do with fruits or you may "grate" them and then squeeze out their juice. The succulent vegetables are best for this purpose.

The most desirable vegetables to use are:—onions, celery, carrots, tomatoes ect.

It is advisable to mix them all up together.

Proportions and Dose—As to proportion of each and all, favor the onions and carrots most-especially if yours is a liver or bilious or catarrhal or bronchial trouble.

The amount of the pure juice to be taken varies from two to three table spoon fuls three times a day.

Each dose should be taken with one half to one tumblerful of distilled water, and should be followed within one half hour with another tumblerful of distilled water.

#### **(410) Where not to sleep.**

Sleep is nature's remedy par excellence sleeping in (1) a heated room (2) many in a room (3) in one's underwear (4) in a room through which there is not a constant flow of outside air (5) in a room not flooded with sun or day light is very objectionable.

#### **(411) Value of a morning walk.**

Morning walk is most wholesome I am in receipt of a letter from a person aged 77 who looks and feels younger than he did at 50, simply because he never misses his morning walk of a few or many miles.

**(412) Morass' Typical treatment for all ills**

(1) In bed in the best room in the house.

(2) Windows opened day and night, so that the air breathed by the patient is as fine and cool as nature makes it. Shield the drafts as you would sun rays.

(3) Cover up the body well and warm it in cold weather, expose it naked and cool it in hot weather.

(4) Never give or allow fever patients any thing to eat

**(413) Fruits and how to take them.**

Never with other foods for breakfast or within less than about one hour before breakfast.

Take only one variety of fruits at a time never mixing two varieties in your stomach at the same time and never with any other article of diet whatever.

This is a breakfast which can be fed to a child from the time that the child has a few teeth to chew with, even though the child be few months old.

**Never give tea or coffee to children.**

**(414) What not to do while eating**

Avoid drinking while eating because (1) It upsets the digestive, assimilative and eliminative functions (2) Liquids dilute (weaken) the digestive juices. (3) They induce gluttony and the swallowing of unmasticated and unsalivated morsels of food which then decompose or ferment in the stomach and bowels.

**(415) Heaviest labour of the human body**

There is no labour so taxing upon the body as the labour of digestion.

**(416) Fore noon fast a boon.**

For the highest possibilities of power in all the special senses, for clearness of intellect and cheerfulness for reason and judgment, forenoon fast is a necessity. It is equally necessary for the highest energy in the cure of disease.

**(417) Feeding the sick is a physiological crime.**

Digestion of food is a tax on vital power, Hence nature has wisely provided that the sick shall not desire food in order to avoid involving disease with indigestion that would both aggravate disease and prolong its duration by taxing brain power which should be wholly used for curative



purposes such a tax on curative energy is dangerous in proportion to the gravity of the disease.

The only use of food is to maintain the weight of the body and as it does not do this in any case of acute sickness, it is not digested and as not even a grain of food can be digested under the most healthful and vigorous condition of the body without a relative tax on the strength or brain force, **feeding the sick is nothing less than a physiological crime.** It is a sin of ignorance against every curative effort in that, it only adds indigestion to disease and therefore aggravation to symptoms and duration to its course.

#### (418) Necessity of reducing food in old age.

The debility of age is equally debility of digestive power. The old always eat far in excess of the need because eating is the only activity that is not lessened and the result is senility and death far short of the natural limit.

If their food could be reduced to one third of that of business years and with frequent fasting days longer lives and better mental condition would be the certain results.

### **(419) Royal road to health and longevity.**

Royal road to longevity is shown by Hippocrates "the father of medicine" 2400 years ago thus:—Inquire whether the food has been too much for the work to be done or the work too great for the food or whether they have been proportionate one to the other. For according as one exceeds the other diseases set in, while from their equality with one another health arises.

### **(420) To what are majority of diseases due**

Prof. Chittendon Ph. D. L. L. D. Sc. P. says:—It is one of the axioms of physiology that the majority of diseases of mankind are due to or connected with perversions of nutrition.

### **(421) Health and higher development closely associated with a regulated diet.**

Dr. Reich of Zurich says:—No one can rise to the higher development of the soul who does not regulate his life in accordance with the strictest hygienic rules and correct, educational principles. Among the first factors in practice of religion stands a well-regulated diet.

### **(422) Waste not your vitality for unnecessary acquisitions.**

We fret our lives, we waste our souls.

For weary wealth or fame, yet die at last  
inglorious moles.

Blind digging to our shame.

### **(423) Curse of Clothing.**

Experience has proved that people begin to lose vitality as soon as they start covering up their bodies and become an easy prey to small-pox tuberculosis and other diseases.

For a people whose bodies for centuries have basked uncovered in the tropical heat in the fullest enjoyment of the ultra-violet rays.

The donning of even the flimsiest garments is a virtual death warrant.

### **(424) Drink evil—a national curse.**

Public health officers are unanimous that alcoholic indulgence in the national life as a whole is one of the most potent and co-operating factors in the production of all sorts of diseases and damaged and deficient constitutions.

### **(425) Majority of people commit slow suicide.**

Sir Berkley says "The majority of people it may be said commit suicide. If one considers the effect of alcohol, syphilis, tuberculosis and other grievous physical conditions which are set

going by the rush for wealth, the statement though shocking appears to be true that majority of people commit slow suicide.

#### **(426) How Mahatama Gandhi condemns tobacco habit**

If every smoker stopped the dirty habit refused to make of his mouth a chimney to foul his breath, damage his teeth and dull his sense of delicate discrimination and made a present of his such savings to some national cause, he could benefit both himself and the nation.

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#### **(427) Why man goes astray from nature**

Man goes astray from nature not because he is deficient in instinct but because he stifles the promptings of his better Nature for the purpose of gratifying his propensities and passions.

#### **(428) The principles of the physical culture creed.**

We believe that our bodies are our most glorious possession, that health of wealth is our greatest asset, that every influence which interferes with the attainment of superb bouyant health should be recognized as a menace.

We maintain that weakness is truly a crime, that sickness is the penalty of violated laws that every man can be a vigorous vital specimen of masculinity; that every woman can be a splendidly strong, well poised specimen of femininity, if laws of life are rigidly observed.

### **(429) How to build glorious health ?**

We believe that requirements in the building of glorious health are; first pure air and sun light whenever obtainable through ventilation of living rooms.

Second :—wholesome diet of vital foods. Well masticated, eaten only at the dictates of a normal appetite frequent fasting of a day or two if needed.

Third :—Reasonably regular use of the muscular system throughout the entire body in work or gymnasium or the athletic field or otherwise.

4th :—Thorough cleanliness which requires frequent baths :—cold bath for a tonic, hot baths for cleanliness thorough dry friction with the open hands, brush or towel is also valuable.

5th :—Right mental attitude thinking is a powerful factor in maintaining vital health and can be constructive or destructive.

The mind can build up or tear you down.

**(430) How to harden the frame of children.**

(1) Children are to be hardened to cold and heat, and not protected too carefully against extremes of temperature.

(2) They are to wash the feet at least if not the whole body in cold water.

(3) They are to learn to swim; and live as long as possible in the open air.

(4) They are to wear loose clothing.

(5) Their meals are to be regular and simple.

(6) Ripe fruits are to be much commended.

(7) Children are to go to sleep early and to rise betimes. The bed is not to be soft.

**(431) The typical Brahmchari's life.**

(1) He is to get up early and to bath every day in cold even in ice-cold water.

(2) He is to wear no shoes at all, but is to walk bare-foot.

(3) He is to obey the commands of shastras.

(4) He is to have no illness and to need no doctor.

(5) He is totally to be free from eating sweets (Artificial).

(6) He is to exercise both morning and evening and to walk in the open air daily.

(7) He is never to use candle in the dark but to walk by instinct.

(8) He is to practise not to tell a lie.

### **(432) Marvellous power of sun cures.**

Last spring I had a serious illness probably sequel to an accident two years ago. I fled to Italy and **sat naked in the sun there till I became a new man my strength was as the strength of 10 after that.**

BERNARD SHAW

### **(433) Advantages of a raw diet**

Raw food feeds, raw food is palatable raw food requires little or no preparation raw food means the emancipation of women from the thralldom of the kitchen and the cook-stove. It means cleanly beautiful, inexpensive food, no heat, no haste, no worry no garbage, and a pretty contented woman instead of a haggard, tired irritable drudge at the foot of the table. It means added years of life to every member of the family except the mother; to her it means added decades.

**(434) Clothing a foe to mankind.**

Am I worthy asks the clothing  
 To be clad in verses fine  
 But why not you friend of death  
 Death liked always poetry  
 Like the vampire shameless clothing  
 You suck out the wearer's blood  
 And stronger you have grown  
 So much weaker grows our health  
 Put the plant into the cellar  
 Its growth is poor and weak  
 And since man creeps into clothing  
 He has the fate of the cellar plant  
 Clothing fashion oh the folly  
 How they weaken mankind  
 Hate them and all foolishness.  
 Flies you like thief the day.  
 You should hate this curse of clothes.  
 If your soul shall not be empty.  
 If you be like day and truth.  
**You must learn to live all naked.**

**(435) Bane of over-eating.**

Over eating, Over feeding is the bane of the  
 world. It carries us down to sickness, disease,  
 and death. Remember each one of us gives from  
 10 to 40 years of our lives simply for the privi-  
 lege of eating all we can, instead of all we need.

BERNARR MACFADDEN.



**(436) There is no food better than sun cooked.**

Nature never intended that we should find any better food than that which she supplies at first hand for all purpose. To seek it is like seeking a better light than sun light.

**(437) Value of cleanliness to success in life.**

Cleanliness is next to godliness. Proverb.

**(438) The fruits' juices are a panacea for infantile disorders.**

The adding of fruit juices, preferably orange juice, to the milk in infant feeding is not only beneficial, but actually essential to the baby, when deprived of mother's milk and fed on animal-milk. Fruit juices are the best preventive for infantile diarrhea, scurvy and constipation. It is unnecessary to give fruit juices to normal breast fed babies but mothers should partake of them freely themselves. Mother's milk however under present social conditions and faulty eating habits is seldom in an ideal state, hence a small quantity of fruit and vegetable juices is always beneficial even to the breast fed infant.

LILLIAN CARQUE

**(439) The food of the strongest animal in nature.**

The Gorilla, the strongest animal in all

nature for its size, and approach nearly than any other, eats his food and neither is he a flesh eater, a lesson from his life ?

(44)

#### **(440) Raw foods help digestion.**

Digestion begins in the mouth where the salivary juices are mixed with food by a process of grinding called mastication. Right here where raw foods gain a big advantage over all other foods. Raw foods require a thorough mastication and where the stomach is called on for its part of the work the food is in good condition because digestion is already well under way. When food is bolted into stomach extra work must be done and digestion is retarded. Raw foods require less effort from the mouth the stomach and the small intestines—at the same time throwing off the greatest heat and furnishing the most nutrition

#### **(441) Essentials of a Successful healthy career.**

Keep the ten commandments. Go to bed early and sleep 8 hrs; don't worry; eat moderately of whole-some and natural food. sleep in open air or atleast with windows open; avoid ill temper and extremes of emotion; honesty, chastity, sobriety, these are all essentials of a successful career in life.

**(442) Ideal beverage for the weak**

Fruit juices if taken slowly and not added to a heavy meal, require only a small expenditure of nerve force in the process of digestion; they are thus ideal beverages for children, the aged, and the convalescents.

**(443) Honey in the best sweetener**

Honey the sweet esteemed by the ancients and used by people long before granulated sugar was thought of; is the most wholesome of all animal products and should be preferably used whenever sweetening is required.

**(444) Old age how deferred ?**

Olive oil, internally and externally has been used from ancient times to ward off oldage.

**(445) How to destroy an appetite for stimulants and narcotics ?**

No man or woman who will live for 6 months on pure, clean uncooked foods can possibly keep alive an appetite for stimulants and narcotics.

**(446) The infallible medicines.**

Water, air, and cleanliness are the chief articles in my pharmacopocia.

NAPOLION.

**(447) The way to dispense with doctors.**

I think, you can dispense with your doctors, if you would only consult Dr. Sun, often under treatment of these Hydropathic doctors the Clouds.

BEECHER.

**(448) The Kind of food you take, must be paid particular attention.**

Take particular care as to the kind of food you take. Avoid the spicy, devitalizing. foods, served you in so many hotels and homes, Incorrect diet is responsible for all digestive troubles constipation, dyspepsia, dysentery diarrhoea and the like diseases.

T. L. VASWANI

**(449) Long hours of sleep for long life.**

The strain of modern competitive life is excessive. The man who has had a strenuous day should rest and sleep for 8 to 10 hours if he wishes to keep his youth and arterial elasticity.

**(450) Havoc wrought by medicines.**

The science of medicine is a barbarous jargon and the effects of our medicines on the human system are in the highest degree uncertain except indeed that they have destroyed more lives than famine, pestilence, and all wars combined.

DR. J. M. GOOD. M. D. F. R. S.

**(451) Tea drinking is responsible for a host of diseases.**

One of the causes, leading to neurosis was the universal and regular consumption of caffeine the commonest of drug addictions. Tea and coffee were the chief caffeine beverages. A good cup of tea contains a grain of caffeine. The continual use of caffeine produced mental irritability and excitability and sometimes dizziness and digestive troubles, while reflexes were always exaggerated.

The introduction of tea throughout the country has caused so much damage to the digestive powers of the people of our upper and middle classes that tea dyspepsia has become quite an epidemic disease in our towns and cities. It produces after a time acidity, wind, colic, costiveness, sleeplessness and loss of appetite follow. At last some dilation of the stomach and palpitation of the heart.

DR. W. E. PAGE M. D.

**(452) How to keep yourself healthy.**

In order to keep ourselves healthy we must always take scrupulous care to eliminate waste matter, not only through the bowels and kidneys but also through the lungs and skin. All these

organs must be kept clean Fresh air, both day and night is needed for the lungs and water is required both externally and internally for the other organs. A tumbler of water drunk at night and morning will flush the inside of the body. Brisk friction with a wet, sponge or towel will remove the accumulation on the skin, of the dust that arises partly from the dust of the atmosphere and partly from the waste matter brought out by the pores.

—GOOD HEALTH.

### **(453) Medicine of life**

Mirth is the medicine of life

It cures its ills; it calms its strife

It softly smoothes the brow of care

And writes a thousand graces there.

### **(454) Valuable Directions to patients.**

“Keep your head cool, and your hands and feet warm and leave the rest to providence.

DR. BOERHAVE.

### **(455) Period of sleep, essential to different ages of human beings.**

Age	Hours in a day
1 to 1½ months	24 to 23 hrs
1 to 2 years	18 to 16 „
3 to 4 „	17 to 15 „

5 to 6 „	15 to 13 „
6 to 7 „	12 to 10 „
9 to 14 „	10 to 8 „
14 years and above	8

### **(456) Cane sugar condemned**

Cane sugar is unwholesome for numerous reasons. Its use encourages the development of scurvy and rickets, irritates the stomach imposes a burden upon the liver, often produces an unhealthy accumulation of fat and perhaps worst of all, encourages infection of the intestinal tract.

J. H. KELLOGG. M. D.

### **(457) How men go astray from laws that govern life**

Most men consume too much food and inhale too little fresh air. They take too much medicine and too little exercise.

### **(458) Intimate friendship between two ills**

Dirt and disease are intimate friends.

### **(459) Nature's restorer to health.**

Nature's sweet restorer calmy sleep

DR. YOUNG.

### **(460) Value of prevention of ills**

An ounce of prevention is better than a ton of cure.

**(461) How to have a sound mind.**

A sound mind is the invariable companion of a sound body.

**(462) The reliance placed by-modern treatment on nature cure methods.**

The modern treatment of disease, relies very greatly on the so called natural methods diet, exercise, bathing massage in other words giving the natural forces the fullest scope by easy and thorough nutrition increased flow of blood and removal of obstruction to the excretory systems or the circulation in the tissues.

DR. SIR WILLIAM OSLER.

**(463) Absorption of the seminal secretion is vital to manhood.**

The health of the body does not depend upon the exercise of racial function but the fit exercise of the function depends upon the health of the body. It is not merely that as every competent and responsible authority asserts, continence does no harm to the individual, it is that he positively and divinely gains by the actual absorption of the secretion without which neither the achievement nor the maintenance of manhood is possible.

DR. SALEBY M. D.



**(464) Delusive cures by medicines.**

Some patients seem to get well with the aid of medicine but more actually get well without it and still more in spite of it.

DR. SIR JOHN FORBES M. D.

**(465) Treatment in Typhoid Fever.**

At the outset of the 19th century, it was treated with remedies of the extremest violence, bleeding and blistering vomiting and purging antimony and calomel and other heroic remedies Now the patient is bathed and nursed and carefully tendered but never given medicines.

SIR. WILLIAM OSLER.

**(466) Havoc wrought by the invention of sugar machinery.**

The world would be better off and many millions of lives which have been needlessly sacrificed might have been saved, if the machinery by which, cane sugar is made and through which it has become one of the cheapest of all edible commodities had never been invented.

J. H. KELLOGG M. D.

**(467) Serenity of mind promotes health**

Whatever promotes a comfortable and healthy state of mind promotes health.

**(468) Effect of food on the brain**

When the diet is not properly balanced and combined; the brain is weakened. When improperly combined foods are lived on, the brain becomes erratic from their poisonous influence. Wrong and vicious habits of eating produce irritability of the brain to such an extent that criminal irresponsibility follows.

**(469) Sexual function can be held in abeyance even for life without the slightest injury.**

The sexual function may be held in abeyance for a very long period, even for life without necessarily producing physical injury. When thus held in abeyance the generative function may be called into action at any time and present no evidences of deterioration from the compulsory rest, assuming that the physical has been held under the control of the moral nature.

DR. LYDSTON.

**(470) Health is man's birth right.**

Health is man's birth right. It is as natural to be well as to be born.

DR. DENSMORE.

**(471) How does a human being become unwell.**

All pathological conditions, all diseases, and

all tendencies to disease are the result of the transgression of physiological and hygienic laws. This is the science of health in a nut shell.

DR. DENSMORE M. D.

### **(472) How to live long**

That to live long and happily we must enjoy God's breath the air out of doors.

### **(473) Why no medicine is required in treatment of any human ill however dangerous it may be**

It does not matter what the trouble may be, a silver in the flesh or a lodgment in the organism of the poisonous germs of typhoid fever, no medicine is required or will benefit. All that is needed is that the conditions demanded by nature be supplied and the same mysterious force which we call life or vitality, which builds a bone ring support whenever and wherever it is needed, and atonce places a most admirable protection in the shape of a scab wherever there is an abrasion of the skin, will prove itself as well able successfully to handle an attack of typhoid fever as a broken or an abraded skin.

DR. DENSMORE. M. D.

**(474) Sexual glands are double in their structure and function.**

One of the most important recent advances in our knowledge of the sexual glands is the discovery that they are double in their nature and function. They are composed not only of germinal tissue, which gives origin to the reproductive elements but also of another tissue which is glandular in nature and supplies a substance to the various parts of the body by means of circulating the blood. On some parts of the body this substance has a most powerful influence and stimulates growth.

DR. ARTHUR KEITH.

**(475) Tobacco is neither good for industry nor for individual.**

Anything that interferes with our ability to think clearly, lead healthy normal lives and do our work well will ultimately be discarded, either as an economic handicap or from a desire for better personal health.

Tobacco is a narcotic which is exacting a heavy toll from our present generation. No one smokes in the Ford industries. Tobacco is not a good thing for industry or for the individual.

HENRY FORD.

**(476) Toll of youthful intemperance.**

Intemperate youth, by sad experience found  
Ends in an age, imperfect and unsound.

DENHAM.

**(477) Repose is attainable by avoiding desires.**

Men complain of not finding a place for repose. They are in the wrong; they have it for seeking. What they should indeed complain of is, that the heart is an enemy to that very repose they seek. To themselves, alone, should they impute their discontent. **They seek within the short span of life, to satisfy a thousand desires each of which alone is insatiable.**

GOLDSMITH.

**(478) Beneficial effects of sunshine on the skin.**

The sun has a particularly remarkable action on the skin, the highly important functions of which have been too long unrecognized. The skin is at once an organ of stimulation, of elimination and of protection. Rendered anæmic and atrophied by the wearing of too heavy clothing, the skin revives and becomes strengthened, when restored to its natural environment of air and sunshine. It recovers its many

functions indispensable to the healthy working of the organism. The physiological role of the skin is of capital importance.

Thanks to the intense circulation in the capillary blood vessels which cover the surface, and react to external influences (heat and cold), alternately dilating and contracting, the skin constitutes a vast organ of circulation. The skin is the great auxiliary of the heart, By its many sensitive nerve endings which form a close network, the smallest external vibrations make an impression on the skin and are immediately transmitted to the nerve centres. There they call out latent energies and bring about reactions, capable of exciting the various functions of the vital organs of the body such as the heart, lungs etc. Hence the daily exposure of the naked skin, to the action of sunshine, is one of the best means of preserving and regaining health.

DR. A. ROLLIER

### **(479) Virtues of Temperance.**

Temperance keeps the senses clear and unembarassed and makes them seize the object with more keenness and satisfaction. It appears with life in the face and decorum in the person; it gives you the command of your head secures

your health and preserves you in a condition for business-

JERMY COLLIER.

**(480) Object lessons for a would be centenarian.**

The would be centenarian should never smoke or drink and he should eat no meat. He should keep early hours and work as little as possible by artificial light. Moreover he should not make haste to be rich and should avoid worry and consuming ambition.

SIR. BENJAMIN RICHARDSON.

**(481) Fruits and longevity.**

I attribute my longevity to the fact that I live chiefly on fruit, avoiding starchy articles of diet, even bread.

SIR. ISAAC HOLDEN.

**(482) Six unfailing doctors.**

The best six doctors anywhere  
 And no one can deny it  
 Are 'sunshine, w<sup>a</sup>ter, r<sup>e</sup>st and 'air  
 And exerci<sup>s</sup>e and di<sup>e</sup>t  
 These six will gladly attend  
 If only you are willing  
 Your ills they will mend  
 Your cares they will tend  
 And charge you not a shilling !

### (483) How to control excessive sexual desire.

Avoid all animal food (meat, eggs, milk curds buttermilk, ghee, ec) tobacco, alcohol and spices and condiments. Also tichi and all unripe fruit, betel leaf, betel nut, pista chionut, amerphophallus, asparagus, arrow root, egg-Plant onions and garlics, lecks legumes lentils mustard, peppers tomatoes turnips water cress, methi seeds and vegetables biscuits and all kinds of articles made of white floor, sauces and pickles, congee, saffron, asafoetida, all kinds of sweetmeats and pulses of udad and masur.

The diet must consist of principally of ripe fruits and nuts. If this cannot be done and cooked food should be taken have the loaves of whole wheat floor only and make a free use of lazy wife (lima beans) and lettuce. Keep the bowel open and regular not by the use of laxatives or other drugs but by a free use of fruits and active abdominal exercise, This is imperative because constipation inflames the prostate and leads to excessive libido. Adopt a regular course of exercise. More of arm and chest exercise is recommended. The exercise should be followed by a dry friction bath and a cold plunge. Avoid perusal of unclean



literature and the company of leud associates. Read good books and keep company with saintly persons. This with active exercise in the open and the righting of diet will soon drive out the abnormal sexual appetite.

DR. S. J. SINGH M. A. BSC N. D

### **(484) Evils of fast eating.**

Fast eating has become a national bad habit. Inevitably we pay for our-speed-at-table, with a long list of digestive ailments, ranging from sour stomach to intestinal ulcers simply by halving the speed of eating, we could more than halve our sufferings from indigestion, All the sodium bicarbonate in the country cannot undo the digestive damage caused by unchewed food, feverishly washed down with various drinks.

DR. W. R. P. EMMERSON M. D.

### **(485) Achievements of sound body and mind.**

Sound body and sound mind are the best means of attaining the four objects righteousness wealth, fulfilment of desire and salvation.

AYURVEDA.

### **(486) Health is the chiefest good.**

Health ! Thou chiefest good !

Bestowed by Heaven,

But seldom understood.

LUCAN.

**(487) Man is the paragon of all creatures.**

We are wonderfully made. Nature has united spirit and matter in a wonderful harmony to create man, the paragon of all creatures; a God indeed, but let us not forget that he is an animal too

THE ROMANCE OF THE HUMAN BODY.

**(488) Disease Prevention.**

How can disease be prevented? Simply in two ways : by living as near as possible, in accordance with all the conditions of health, and by avoiding in like manner every cause of disease. By keeping up the strength and purity of the system; by avoiding all excess and every-means of exhaustion and by living so as to keep free from all manner of disease.

DR. T. L. NICHOLS.

**(489) The Health commandments.**

(1) Help your self to health. Form habits that will fight for you not against you (2) Do not expect to have good health without effort. Health must be earned (3) Adopt the policy that an ounce of prevention is worth a pound of cure (4) Make food your servant, not your master. Eat for strength (5) Breathe deeply, for air is life's first requisite and nature's best

tonic (6) Exercise for health not for strength  
 Exercise sends clean blood to the brain (7) Seek  
 sunshine, **for sunshine and disease are**  
**always** enemies (8) Water—use plentifully daily;  
 warm for cleanliness, cold for tonic (9) Keep a  
 clear conscience, for true rest is mental as well as  
 physical (10) Work plentifully. Read much and  
 play often, play keeps old age at bay.

#### (490) **A Sacred responsibility**

I believe that the care of the body is a  
 sacred responsibility.

LIONEL STRONG FORD.

#### (491) **Sun light is nature's cheapest medicine**

Just as a plant was unable to take up the  
 necessary chemical elements from the soil  
 requisite for its life and growth in the absence of  
 sun light, so also human being needed sunlight  
 to become and remain healthy. The action of  
 sunlight assisted to supply the blood with  
 vitamin D and to enrich the blood contents with  
 calcium and iron all of which were necessary  
 for health, sunlight was nature's cheapest medicine.

#### (492) **Eat less but not hurriedly.**

If your time for dinner is limited it is  
 better to eat only a small quantity and chew it

thoroughly, than to attempt to eat a larger quantity hurriedly by bolting your food.

**(493) Laughter is an aid to digestion.**

Laughter is one of the greatest helps to digestion; the custom of exiting it at table by jesters and buffons was founded upon true medical principles.

HUFELAND.

**(494) Longevity how obtained.**

The best way of prolonging age is as follows :—  
 “When you get old eat half as much, sleep twice as much drink water three times as much and laugh 4 times as much said a minister 86 years old, having lived a very active life in religious and educational institutions.

**(495) Factors that contribute to over-eating, a greater drain on health than daily work.**

The reason for this intemperate eating is to be found primarily in the fact that much of our food is selected more for pleasure and stimulation than to provide the right kind of nourishment which is actually required by the normal human body other reasons are hasty eating and insufficient mastication and last but not the least

inherited or acquired passion for eating refined foods and dainties.

DR. G. RIEDLIN M. D. N. D.

**(496) Tobacco hastens old age and is a destroyer of beauty.**

Every puff of tobacco smoke is a tiny drop of old age, so small that for a long time it is unnoticed. Tobacco is a destroyer of beauty.

ELINOR GLYN

**(497) The only possible function of a physician.**

The only thing any doctor can do is to help you remove and correct the interference with nature's law. Then Doctor nature or the power within does the curing or healing just as the gardener removes the interferences of weeds, baked soil etc. from the plant in cultivation as compared with an uncultivated one.

DR. R. A. RIGGS M. D.

**(498) Influence of good health on personality**

Good health is the foundation not only of business success, but of successful living in general. Its influence on personality is profound and in urging that one's health assets be examined and improved to the highest decree,

we are seeking to accomplish that, which will make life more colorful, more satisfying, and in every way more livable for the vast majority of people.

### THE HEALTH PHILOSOPHER

#### **(499) Life's Five Fundamentals.**

There is not a living creature in the universe that can continue the processes of life if denied any of these five fundamentals : (1) Natural air (2) Natural water (3) Natural food (4) Natural sleep and (5) Natural exercise. Observe that the requirement is natural air, water, food, sleep and exercise. Mankind is endeavouring to sustain his life processes, with most of his food made denatured or unnatrual or changed in its nature. The universal result is universal disease or altered function.

#### **(500) Effect of medicine.**

There can be no doubt that the effect of medicine to day is to enormously increase the proportion of the physically and mentally unfit in society.

PROFESSOR EARNEST A. HOSTON.

## **EXHAUSTIVE ANALYZED CONTENTS**

(Reference is to the number of paragraphs and not to pages.)

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## ERRATUM

Page	Para	Line	Incorrect	Correct
1		17	Bolereige	Coleridge
2		10	four	of our
„		18	Inuentar	Inventor
„		„	explosiues	explosives
3		3	Hygiene	hygienic
„		17	The	the
5		5	Futilizing	of utilizing
„		6	toinstil	to instil
„		26	exhansting	exhausting
7		18	Grooming	grooming
8		18	embotions	emotions
8		24	undo	undo
9		26	Hygienic	Hygiene
11		6	sking	skin
„		10	Disobediance	Disobedience
„		15	dangerous	dangerous
12		8	ctor	doctor
13		27	Abuse	abuse
14		7	abstenence	abstinence
„		10	quanon	qua non

15		10	through	thorough
„		16	chastity	Chastity
16		28	off	off of
19		26	escistance	existence
22		17	aflects	affects
23		4	moras	moras's
„		23	marveluous	marvellous
„		28	panacca	panacea
24		4	oldage	old age
„		5	differred	deferred
„		6	narcoties	narcotics
26		6	excistance	existence
„		9	(z)	(2)
27	4	18	ucnontrolled	uncontrolled
28	9	15	in nut-shell	in a nut shell
„	„	18	pannacea	Panacea
30	14	3	Headlessly	Heedlessly
31	17	17	Body	body
32	19	10	maln	main
„	„	15	vigorus	vigourous
34	26	25	Chose	choose
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36	28	9	Bernar	Bernarr
„	„	12	strech	stretch
37	31	1	dispe lling	dispelling
„	„	12	Homco	home
„	„	14	drug do	drug can do

39	33	2	a	of
„	„	13	on	no
40	34	12	looses	loose
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43	37	2	about	about
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45	42	5	Bernar	Bernarr
„	„	8	god	God
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